

RECETTE SALSIFIS AU BEURRE (BUTTERY BLACK SALSIFY ROOT)

Serves 2

INGREDIENTS:

500g Scorzonera (Black salsify)
50g Unsalted butter
3 Tbsp parsley - finely chopped
1 Clove garlic - crushed
Salt and Pepper

DIRECTIONS

Wash the scorzonera and then gently peel the skin. Cut into long sticks lengthways - just like French fries.

Place the scorzonera in boiling water and blanch until they are soft-ish. Check with a fork. Should take around 5-10 minutes.

Strain the scorzonera and set aside.

Pre-heat a non-stick frying pan, lower the heat and melt the butter. Toss the blanched scorzonera, parsley and sauté for a few minutes. Add a pinch of salt to season.

Remove the pan from the hob when the scorzonera starts to turn golden.

Serve immediately. Add some freshly crushed black pepper to your taste.