

TWICE COOKED SUNCHOKES

by *Corporate Chef Kurt Kwiatkowski*

Featured Food: Sunchokes

Yield: Serves 4-6

Ingredients

1 ½ lb. sunchokes	3 sprigs of fresh thyme
2 T. salt	1 small sprig of fresh rosemary
3 T. olive oil	Salt and pepper
2 smashed cloves of garlic	

Preparation

Peel sunchokes and put directly into water after they are peeled to keep them from turning dark.

In a medium saucepan, bring 3 quarts of water with salt added to a boil. Add sunchokes to the pan, bring the water back to a boil, and then reduce the heat to medium low. Cook for about 15 minutes or until they are almost fork tender, slightly undercooked. Remove from the heat and drain. Move sunchokes to cold water to stop the cooking process.

Place sunchokes on a cutting board and with a flat spatula, smash them to about ¼ to ½ inch thick.

In a non-stick skillet, heat olive oil over medium-high heat. Place the sunchokes into the oil and then put in the garlic, thyme and rosemary and let cook until brown, about 4-6 minutes. Flip the sunchokes and continue to cook for an additional 4-6 minutes.

Remove from the oil and season with salt and pepper to taste.