

TWICE COOKED SUNCHOKES

by Corporate Chef Kurt Kwiatkowski

Featured Food: Sunchoke

Yield: Serves 4-6

Ingredients

1 ½ lb. sunchoke	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 sunchoke 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 sunchoke 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 sunchoke to cold water to stop the cooking process.

Place sunchoke 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 sunchoke into the oil and then put in the garlic, thyme and rosemary and let cook until brown, about 4-6 minutes. Flip the sunchoke and continue to cook for an additional 4-6 minutes.

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