

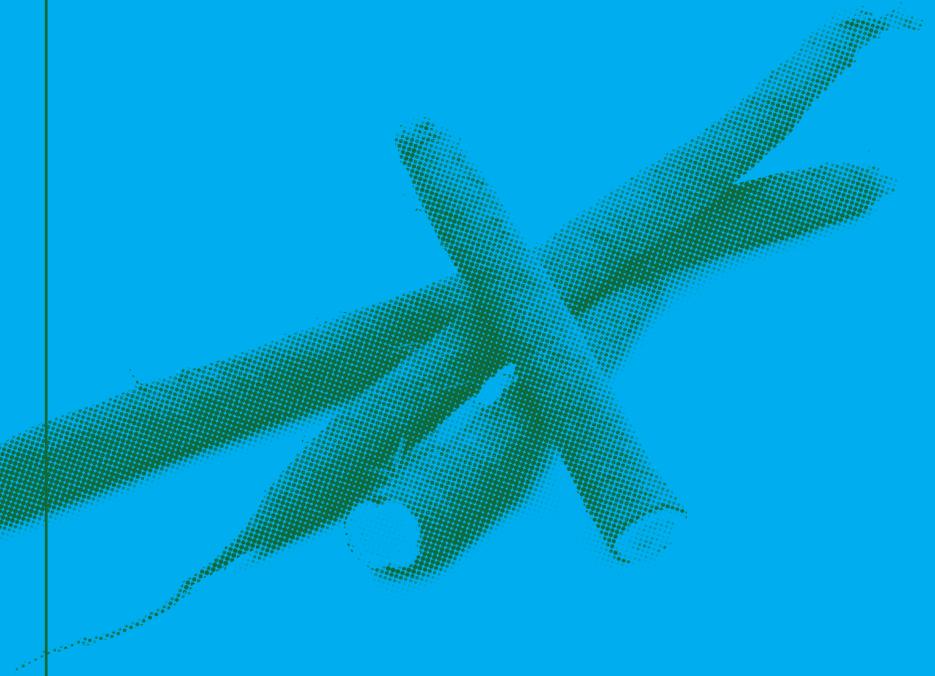
SALSIFY

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Growing up in France, I was fed five times a week by the school canteen. Every day, the school canteen offered a three course meal. Those meals were always home cooked on budget. One of the cheapest and most nutritious vegetables available was the tinned salsify that would be served in a salad one day, and the following day the leftovers were used to block up a stew. From very early days, my taste was always more attracted to savory flavours than sweet ones. Thus, I have great memories of eating tinned salsify when I was young.

Now as a grown up chef, I really appreciate cooking fresh salsify (from our own garden at GROW HQ in Waterford, Ireland) to give justice to this poor vegetables that has been tinned for years...At GROW HQ, salsify is vital for our sustainability, as it's one of the only vegetables that we can grow and keep in the ground until the 'hungry gap' (March, April and early May), when barely any fresh vegetables are coming out of the ground.



White Salsify Hummus

INGREDIENTS:	75 ml extra virgin rapeseed oil
500 g white salsify	1 tsp of cumin seeds
50 g salsify leaf	1 pinch of chopped chili
4 tbsp raw cider vinegar	sea salt

METHOD:

Wash and scrub the salsify to remove any soil.

Cook the salsify whole (with the skin) in salted water with 2 tbsp of cider vinegar until soft. Meanwhile, toast the cumin seeds in a small saucepan on low heat for 2 minutes. Turn off the heat, add the rapeseed oil and chopped chili. Allow to cool and infuse before use.

Blend the cooked salsify (including the skin) with the spiced oil and 2 tbsp of cider vinegar. Wash and thinly chop the salsify leaves. Fold the chopped leaves in the hummus and adjust the seasoning.

Burned Salsify Skin Crumbs

METHOD:

Wash and scrub the salsify to remove any soil. Peel and keep the skin in water with a drop of vinegar.

Strain and dry off the salsify skin with a clean cloth and place on a roasting tray. Bake at 180°C in a preheated oven for 20 to 30 minutes until the salsify skin has gone mostly black and crispy.

Cool and blend in a food processor.

