

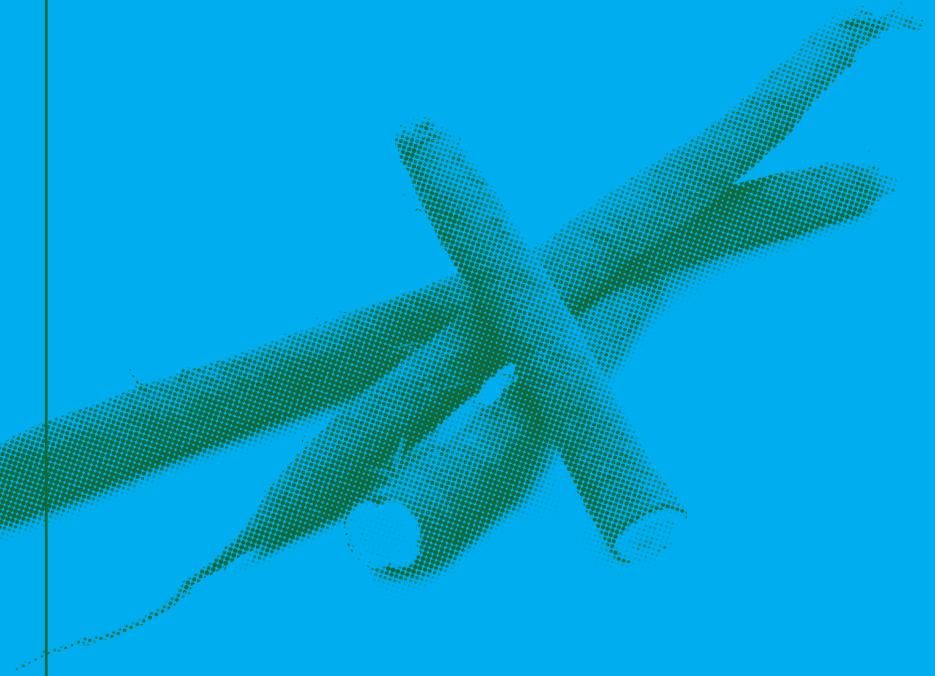
SALSIFY

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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.



Salsify Leaf Gazpacho

INGREDIENTS:

100 g salsify leaves
1 clove of homegrown garlic
20 cl rapeseed oil
1 pinch of green chilli
1 pinch of sea salt
1 drop of cider vinegar

METHOD:

Blend all the ingredients in a food processor (or smoothie blender) until smooth.

Glazed Salsify with Honey & Bay Leaf

INGREDIENTS:

2 large black salsify
2 tbsp rapeseed oil
1 clove garlic
2 bay leaves
1 tbsp cider vinegar
Sea salt
1 tbsp organic local honey

METHOD:

Wash and peel the salsify. Cut into 4 cm long sticks and reserve them in water and vinegar. Slightly crush a whole garlic clove. Place all the ingredients in a small saucepan and simmer for 20 min, allowing the water to evaporate for the honey to glaze each salsify stick. Adjust the seasoning and check the tenderness of the salsify (you might have to add a little water to allow the salsify to cook further).

