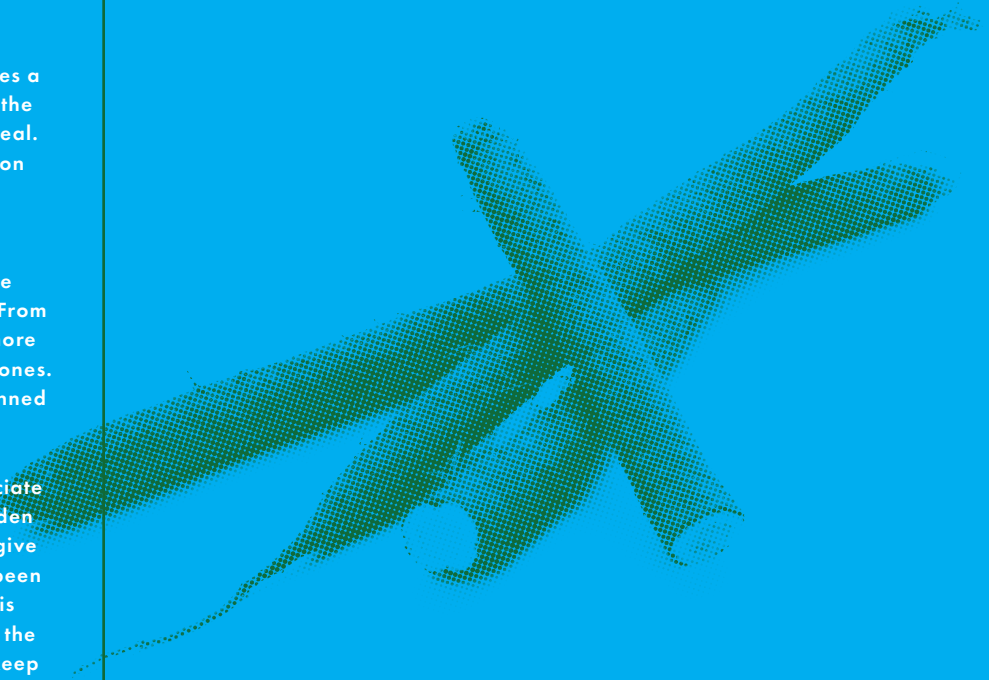


Chef JB Dubois

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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 fanned 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 fanned 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 fanned 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.



Black Salsify 'Barigoule'

INGREDIENTS:

3 large black salsify
1 spring of thyme
1 small shallot
2 tbsp rapeseed oil
300 ml of vegetable stock or water
½ glace of dry white wine
Sea salt
Cracked black pepper

METHOD:

Peel and chop the shallot. In a small saucepan add all the ingredients except the salsify and bring to a boil. Wash and peel the salsify. Cut it in 4 cm sticks and add to the simmering 'barigoule' stock. Simmer for 15 minutes, then cool.

Pickled Black Salsify

INGREDIENTS:

1 large black salsify (with skin)
200 ml raw cider vinegar
100 ml filtered water
10 fennel seeds
Sea salt

METHOD:

Wash and scrub the salsify to remove any soil. Toast the fennel seeds in a small saucepan on low heat for one to two minutes. Add the vinegar, water and sea salt, bring to the boil and turn off the heat. Thinly slice the salsify directly into the pickling liquid. Cool and marinated overnight.

Crispy Salsify Leaves

METHOD:

Wash and dry the salsify leaves. Cut them in half lengthwise. Deep fry at 150°C for 1 to 2 minutes and cool on a paper towel. Sprinkle with sea salt.

