



Roasted Sunchoke



Ingredients:

Photo Adapted from A Beautiful Plate

1-2 lbs. Sunchoke

Oil to Coat (omit additional oil if roasted with meat)

Salt and Pepper to taste (or garlic salt, my preference)

Makes 4 - 6 Servings



Directions:

Scrub sunchokes and cut them, if large, so pieces are about the same size for even cooking. Peeling is not necessary, the skin is very thin.

Place sunchokes in baking dish and drizzle with oil, salt, and pepper or garlic salt. Turn to coat evenly. Bake in a 350° oven for 30-45 min.

To Add to Meat: add them to the roasting pan about 30 min. before meat is done. Turn them in pan juices so they are covered with oil. Sunchoke should be soft throughout, but not mushy. Pierce with a sharp knife to test.

Variation: Roast several root vegetables in a medley, e.g. potatoes, celery root, beets, parsnip, burdock etc. Proceed same as above.