

Sunchokes



Also known as Jerusalem Artichokes, sunroots, or earth apples, these are NOT artichokes.

They are the delicately sweet tuber of an Italian sunflower. With a crispy texture like jicama and water chestnuts and the earthiness of a real artichoke, sunchokes are edible raw or cooked, including the skins.

The thin skin is difficult to peel, and once peeled, the roots turn brown/grey quite quickly, so a good scrubbing is a better option.

If you peel soak the tubers in a mix of 2 tablespoons lemon juice (or $\frac{1}{4}$ cup vinegar) and one quart water to prevent browning.

Sunchokes can be eaten raw, cooked, baked, pickled, and fermented.



Suggestions for use:

- They're tasty air-fried. Toss them in some olive oil and fry till done.
- They go well with artichokes and tomato sauce.
- Try them baked with olive oil for 30-40 minutes.
- Substitute for water chestnuts in your favorite stir fry recipe.
- Add to a vegetable tray as part of a meal, not a whole side dish.
- Steam whole sunchokes for 10-15 minutes. Shorten steaming time if cubed or sliced. Serve with butter and a sprinkle of parsley, or a dash of lemon and dusting of nutmeg.
- Thinly slice sunchokes and drop into hot oil. Fry chips until lightly browned and drain on a paper bag. Salt and season warm chips to taste.
- Or roast with other root vegetables like beets, carrots, or potatoes.

Storage: Because of their thin skin, sunchokes can't be "cured" for long storage like potatoes can be. Keep them in a bag or container in the fridge and plan to use in about 10 days.

Note*** Sunchokes are known for producing gas because they are high in soluble fiber (inulin). Inulin is a type of starch that although not digestible by humans, acts as a prebiotic in the digestive tract, feeding our beneficial bacteria.

It's become a widely used filler in many foods to bump up the fiber counts. It also increases calcium absorption in the body, and doesn't spike blood sugar. There are even sweeteners made for diabetics made out of sunchokes.

Soluble fiber is good for us, but the side effects (*gas*) can be unpleasant. Some sources claim that eating a large amount of sunchokes may lead to mild gas for those who are not used to it. They've even been nicknamed, "fartichokes".

However, not everyone reacts to sunchokes. If you have never had any, find out gently by having just a little bit.

Good advice is to avoid side effects, go light on the sunchokes by adding small amounts to a dish, instead of as a main dish. This'll give your digestive system time to build up the right bacteria to deal with the extra inulin.

Some suggest to first eat some sunchokes raw, without scrubbing all the dirt off as some of the soil microbes that come with, will help aid digestion.

Some also believe spring sunchokes are less problematic because the winter frosts naturally break down some of the inulin.

Roasted Sunchokes

from A Beautiful Plate

4 servings

- **1 lb** sunchokes (Jerusalem artichokes) *cut into ½-inch thick slices*
- **1½ tablespoons** extra virgin olive oil *plus more for drizzling*
- **½ teaspoon** kosher salt
- **freshly ground** black pepper
- **1-2 sprigs** fresh thyme *finely chopped*

Preheat the oven to 425° Fahrenheit (220°C) with a rack in the center position.

In a medium bowl, toss the sunchokes slices with the olive oil, salt, and pepper until well coated.

Distribute the sunchokes, cut-side down in an even, thin layer on a half sheet pan. Be sure to leave space between them, as this will help them caramelize evenly.

Roast for 18 to 22 minutes, flipping the pieces halfway through, or until the sunchokes are lightly caramelized and fork tender.

Gently toss the roasted sunchokes with freshly chopped thyme leaves and a light sprinkle of kosher salt.

Serve immediately.

Optional: Drizzle them lightly with extra virgin olive oil before serving.

*** Note: Sunchokes are a high source of inulin, which can cause stomach discomfort for some people, especially if eaten in large quantities. If you're unsure, I recommend removing most of the peel prior to roasting.

Sautéed Sunchokes

from Gourmande

4 servings

- ½ lb sunshokes (aka jerusalem artichokes), washed and scrubbed clean
- 1 Tablespoon/15ml extra virgin olive oil (or butter for non-vegan)
- ½ lb fresh, cremini mushrooms, thinly sliced
- Pinch of sea salt
- Freshly ground black pepper
- ¼ cup chopped flat leaf parsley
- 1 garlic, finely chopped
- 1 teaspoon of lemon zest
- The juice of ½ a small lemon

Thinly slice the sunchokes and place them immediately in a medium sized saucepan filled with salted water.

Place the saucepan on the stove and bring to a boil. Reduce to a simmer and cook for about 4 to 5 minutes or until the sunchoke slices are tender but not falling apart. Drain and set aside.

In the meantime make the persillade by finely chopping the flat leaf parsley, lemon zest and garlic together. Set aside.

Heat oil or butter in a large saute pan or skillet on medium heat. Add the mushrooms and a pinch of salt and pepper and turn to coat them well.

Cook, turning the mushrooms over from time to time, until the water in the mushrooms has completely evaporated and they feel tender to the fork.

Add the cooked sunchokes and continue to cook stirring occasionally for another 2 to 3 minutes or so to lightly brown.

Add the persillade and stir and cook for an additional minute before removing from heat and adding the lemon juice.

Serve immediately.

Roasted Beets, Carrots, and Sunchokes with Lemon and The Greenest Tahini Sauce

from Just Organics Box

4 servings

1 lb beets, peeled, cut into ½" wedges
4 tablespoons olive oil, divided
Kosher salt, freshly ground black pepper
1 lb carrots, sliced ¼" thick
1 lb Jerusalem artichokes (also called sunchokes), unpeeled, sliced ¼" thick
1 teaspoon finely grated lemon zest
¼ teaspoon Aleppo pepper or hot paprika, plus more to taste
2 teaspoons fresh lemon juice, divided, plus more to taste
2 cups watercress, or other greens, large stems trimmed
¼ cup The Greenest Tahini Sauce

Preheat oven to 425°. Toss beets with 1 Tbsp. oil on a lightly oiled rimmed baking sheet; arrange in a single layer and season with salt and black pepper.

Roast 20 minutes, then turn over wedges and continue to roast until beets are tender and darkened around the edges, about 30 minutes total.

Toss carrots with 1 Tbsp. oil on one half of a lightly oiled rimmed baking sheet. Toss Jerusalem artichokes with 1 Tbsp. oil on the other half of the baking sheet.

Arrange carrots and Jerusalem artichokes in a single layer, season with salt and black pepper, and roast until vegetables are lightly browned, about 20 minutes.

Toss all the warm roasted vegetables together with lemon zest, ¼ tsp. Aleppo pepper, and 1 tsp. lemon juice. Season with salt, Aleppo pepper, and lemon juice.

Toss watercress with remaining 1 Tbsp. olive oil and 1 tsp. lemon juice; season to taste with salt and black pepper. Serve roasted vegetables with dressed watercress and tahini sauce.

The Greenest Tahini Sauce

from Just Organics Box

4 servings

2 cloves garlic, peeled
1 teaspoon kosher salt, plus more
1 bunch watercress, thick stems trimmed
1 cup fresh mint leaves
½ cup fresh flat-leaf parsley leaves
½ cup tahini (sesame seed paste)
2 tablespoons (or more) fresh lemon juice

Cook garlic in a medium saucepan of boiling salted water until slightly softened, about 30 seconds. Using a slotted spoon, transfer garlic to a bowl of ice water; let cool.

Return water in saucepan to a boil. Cook watercress, mint, and parsley just until wilted, about 15 seconds; drain.

Transfer watercress and herbs to ice water; let cool. Drain watercress, herbs, and garlic and squeeze between paper towels to remove as much moisture as possible; coarsely chop.

Purée watercress, herbs, garlic, tahini, lemon juice, 1 tsp. salt, and ¾ cup water in a blender until smooth, thinning with more water as needed to reach desired consistency; season with salt and more lemon juice, if desired.

Roasted Chicken, with Jerusalem Artichokes

from Food 52

4 servings

- 4 chicken legs or a 3-pound chicken, cut into serving pieces
- Salt and fresh ground pepper
- 3 tablespoons extra virgin olive oil
- 1 lemon
- 6 large garlic cloves
- 1 pound small jerusalem artichokes, peeled
- 1 pound small red potatoes, cut in half or quarters
- 6 large shallots, peeled and halved
- 2 tablespoons fresh thyme leaves
- 1 cup dry white wine
- 1 cup green olives, pitted

Directions

Preheat oven to 400 degrees. Season chicken with salt and pepper, and rub with 1 tablespoon olive oil. Place chicken in a shallow roasting pan; set aside. Zest the lemon into long strips, and squeeze juice from lemon into a small bowl. Set aside juice.

In a medium bowl, combine lemon zest, garlic, Jerusalem artichokes, potatoes, shallots, and thyme. Add remaining 2 tablespoons oil; season with salt and pepper. Toss to coat, and arrange in pan around chicken. Roast until chicken is golden brown, about 40 minutes.

Remove from oven. Add reserved lemon juice, wine, and olives; stir up any browned bits on the bottom of roasting pan with a wooden spoon. Return to oven, and continue cooking until liquid has thickened slightly, 10 to 15 minutes.

Remove from oven, and transfer to serving plates.