



## BENEFITS

### Because it's an interesting substitute for potatoes!

The Jerusalem artichoke's unique flavour resembles that of the turnip and the artichoke, with a hint of hazelnut. It can be eaten raw like a radish, or it can be cooked and mashed or fried or added to a salad or soup.

### Because it's worth getting to know!

The Jerusalem artichoke is a root vegetable that deserves more of our attention. Choose artichokes with smooth, firm skin and avoid those that are starting to turn green or to sprout.



## WHY EAT LOCAL?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.



## RAW JERUSALEM ARTICHOKES WITH A SUNNY DIP

Portions: 8  15 min Standing time: 30 min

### Ingredients

- 600 ml (2 1/2 cups) Jerusalem artichokes, brushed well under running water
- 30 ml (2 tbsp) lemon juice
- 180 ml (3/4 cup) plain yogurt
- 125 ml (1/2 cup) light sour cream
- 25 ml (5 tsp) dried cranberries, finely chopped
- 25 ml (5 tsp) unsweetened apple sauce
- 25 ml (5 tsp) red peppers, finely chopped
- 2.5 ml (1/2 tsp) curry powder
- 2.5 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) granulated white sugar

### Directions

1. Cut the Jerusalem artichokes into sticks and sprinkle them with the lemon juice to avoid discoloration.
2. Whisk together all the remaining ingredients in a bowl.
3. Refrigerate for 30 min before serving with the Jerusalem artichoke sticks.

Source: [nospetitsmangeurs.org/recettes](http://nospetitsmangeurs.org/recettes)



## JERUSALEM ARTICHOKE FRICASSÉE

Portions: 4  15 min  15 min

### Ingredients

- 1 L (4 cups) Jerusalem artichokes, washed and thinly sliced
- 15 ml (1 tbsp) olive oil
- 1 onion, thinly sliced
- 2 gloves garlic, finely chopped
- 90 ml (6 tbsp) fresh parsley, finely chopped
- Salt and nutmeg to taste.

### Directions

1. Boil water in a pot.
2. Immerse the Jerusalem artichokes in the boiling water and cook for 5 min. Drain and set aside.
3. While the Jerusalem artichokes cook, sauté the onion and garlic in a little olive oil until the onion is translucent.
4. Add the Jerusalem artichokes, parsley, salt and nutmeg to taste. Stir and cook another 2 min. Avoid overcooking the Jerusalem artichokes; they should be slightly crunchy.

Source: *Cuisiner les légumes oubliés du Québec*, Anne Samson, Modus Vivendi.



### TIP!

To prevent them from turning black once cut, soak your Jerusalem artichokes in lemon water. Since they are hard to peel, clean them well with a brush and cook them unpeeled. If you still want to peel them, it will be easier when they're still warm.

