

Cooking Fiddleheads

Wash well and Cook 5 min+*
Steam or Blanch before adding to a dish
Using lots of salted water

****Or Boil twice for less**
to optimize colour and texture - Add to boiling,
salted water for 2 minutes. Change the water.
Repeat. Refresh in ice water.

and then sauté
or add to any preparation..

To serve hot :

Sweat with butter or olive oil, salt, pepper, garlic or seasonings of choice
(tamari, chili pepper, ginger, citrus zest, bacon, herbs, ie. dill, chives..

To serve cold :

Dress with vinaigrette, or to composed salads, pasta or potato salad, greens.

Bon appétit!

****Cook for 5 minutes after returning to a boil. The MAPAQ recommends
15min total.***

*****The important thing is that the fiddleheads are of good quality from a
traceable source (like ours), that they are flushed with sufficient water
and fully cooked through.***

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