

jerusalem artichoke chips

Equipment:

Vegie scrubbing brush or scrubbing gloves, bowl, colander, tea towels, chopping board, knives, grater, wok, wok scoop, paper towel & large metal bowl

Ingredients:

between 100-500gms jerusalem artichokes
about 2 cups of canola oil
sea, or murray river, salt

method:

Scrub artichokes very well, maybe pulling off knobs to really clean them. Slice very thinly, keeping them in a bowl of lemon water to stop them from going brown.

Drain artichokes in colander, then pat dry with a tea towel. The drier they are, the less they will splash HOT oil.

Put the oil into the wok, and place on to the wok burner on a fairly high heat. Gently put in 1 to 2 handfuls of sliced artichokes in the hot oil. Swizzle them around with the wok scoop so that they separate.

They will take about 5 minutes to cook. They are nicer when brown and crispy. Have the paper towel and bowl ready. Sprinkle with salt to serve.

(The smaller or slightly thicker pieces can be cooked)

YUM, YUM, YUMMMM!!!!

Stephanie Alexander