

jer. art. & potato squeak

Equipment:

Knife, chopping board, bowl, scales, pot, colander, heavy-based frying pan, non metal flipper

Ingredients:

½ kg potatoes
40 gms butter
generous amount of olive oil
1 onion
300gms jerusalem artichokes
½ tspn salt
1-2 silver beet leaves
nutmeg

Method:

Scrub potatoes.

Place potatoes into a pot with a lid, and put water ½ way up the potatoes. Bring to the boil, and simmer for about 10 minutes. They need to be ½ cooked. Drain and leave to cool.

Dice onions.

Scrub the artichokes. Grate by hand.

Turn frying pan on to a medium heat and cover the bottom with oil. Add the butter. Tip in the onion and stir fry for a couple of minutes. Stir through the artichokes. Fry for about 5 minutes. Adjust heat as necessary.

Grate the potatoes, skin and all. Stir into the artichokes.

If the mixture starts to dry or burn, add some more oil or butter. Mix in some salt and grated nutmeg.

Wash, dry and very finely slice silver beet. Stir into mixture. Taste for seasoning, and to see if it is cooked.

Serve.