

# jerusalem artichoke chips

## **Equipment:**

Vegie scrubbing brushes and/or scrubbing gloves, bowl, colander, tea towels, chopping board, knives, measuring cup, scales, vegie peeler, wok, wok scoop, paper towel & large metal bowl

## **Ingredients:**

1 kg jerusalem artichokes  
about 3-4 cups of canola oil  
sea, or murray river, salt

## **method:**

Scrub artichokes very well, maybe cutting between knobs to really clean them. Slice or grate very thinly.

Put the oil into the wok, and place on to the wok burner on a fairly high heat. The oil needs to bubble when they go in, otherwise it's not hot enough. Try with 1 first, to check.

When ready, gently put in 1 handful of sliced artichokes in the hot oil. Swizzle them around with the wok scoop so that they separate, then leave to fry.

They will take about 5 minutes to cook, so have the paper towel ready. Sprinkle with salt to serve.

Start to cook them sooner rather than later, don't wait until they are all cut.

(The smaller or slightly thicker pieces can all be cooked.)

YUM, YUM, YUMMMM!!!!

Stephanie Alexander