

FIDDLEHEAD FERNS WITH SPRING GARLIC AND LEMON
by radish*rose

Ingredients:

½ lb. fiddlehead ferns, washed per method below
1 T. plain salt for blanching
1 T. olive oil
3 spring garlic, scallions or green onions, sliced (green parts only)
1 clove garlic, pressed
Squeeze of fresh lemon juice
Sea salt
Freshly ground pepper

Equipment:

Large sauté pan with cover
Colander

Method:

To wash the fiddlehead ferns: You'll see they come covered with brown fuzz. Cute, but you want to remove this. Place the ferns in the colander, run cold water over them, and rub with your fingertips to remove the brown fuzz. Trim away any brown ends and give them a final rinse.

To blanch the fiddlehead ferns: Fill your large sauté pan with water (up to 1" from the top) and 1 T. of plain salt (you can use non-fancy salt for this, and don't worry that it seems like a lot, you will be draining most of it away). Bring water to a boil. Add the ferns, stir, cover and blanch (= continue boiling) for 2 minutes. Drain into colander and immediately rinse with cold tap water to stop the cooking.

To sauté the fiddlehead ferns: Dry your sauté pan. Add the olive oil and heat over medium-high heat. Once the oil is hot, add the garlic and sauté for about 30 seconds (only until you can smell it – do not let it turn dark brown). Add blanched and drained ferns, stir to coat with oil, cover and cook for 2 minutes.

Remove the cover (the ferns should be bright green) and stir over the heat one last time. Turn off the heat, then sprinkle with the lemon juice. Taste for salt, and season with more sea salt and freshly ground pepper if you like.

Original post:

<http://radishrosecooks.com/2014/04/24/fiddlehead-ferns/>

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