

Sunchoke

Pancakes



Gluten-free, vegetarian

Never cooked with Jerusalem Artichokes before? Never made vegetable-based pancakes before? This is the recipe for you!

Ingredients:

8 Jerusalem artichokes, peeled

1 tablespoon lemon juice

1 small onion, minced

2 tablespoons butter

2 local eggs

1 handful fresh parsley, chopped

½ teaspoon salt

¼ teaspoon black pepper

½ cup olive oil

½ cup applesauce

1. Beat eggs and stir in onions, parsley, salt, and black pepper.
2. Peel artichokes and place in a bowl of water mixed with lemon juice to prevent browning.
3. Grate artichokes and immediately stir into batter.
4. Spoon about 2 tablespoons of batter into oiled skillet, leaving at least 1 inch between pancakes.
5. Flatten with spatula and cook over medium heat until golden and crisp, 3 to 4 minutes on each side.
6. Serve with applesauce or local apple butter.

- If you don't have sunchokes available, substitute 8 small potatoes or 3 small zucchinis, grated and dried in a paper towel

