

## Jerusalem Artichokes *(Helianthus tuberosus)*

These deciduous, tuberous perennials are from America and have a sweet flavour, much like a potato. Jerusalem artichoke plants grow to 2,5m high and 40cm wide. They flower in late summer and produce beautiful showy blooms like those of the related sunflowers.

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### **Planting**

Plant the tubers 10cm deep in moist, well-drained, fertile soil. This should happen in early spring. Be sure to position them in an area which gets full sun.

They can tolerate wind, but not too much salty wind. Remember to stake the plants, especially when the Cape Doctor starts blowing.

### **Harvesting**

Harvest the tubers in late autumn or winter. Once harvested, store a few tubers in a cool and moist place and re-plant again in spring. The rest of the tubers can be enjoyed in many a delicious meal.

### **Cooking**

Once the tubers have been scrubbed or peeled, place in boiling water or simply just steam them. Simply serve with melted butter. Alternatively, thinly sliced tubers can also be eaten raw! For some delicious recipes, see below.

## RECIPES WITH JERUSALEM ARTICHOKE

### Jerusalem Artichoke Soup

50 g butter  
1 large onion, peeled and finely chopped  
300 ml good chicken stock  
1 bay leaf  
1 sprig of thyme  
400 ml milk  
220 g Jerusalem artichokes, peeled and chopped  
1 medium potato, peeled and chopped  
salt and milled black pepper  
100 ml cream  
a handful of chopped fresh parsley

Heat the butter in a saucepan and add the chopped onions. Cook, over a medium heat, until soft, but don't allow them to brown. Add the chicken stock, bay leaf and thyme, cover and cook gently for 10 minutes. Now add the milk, the artichokes and the potato, season with salt and pepper and simmer until the artichoke and potato pieces are very soft. 'You may find that the liquid has a messy separated look about it, but once it has been liquidised... it will all come back together,' says Hopkinson.

Fish out the bay leaf and thyme and use a stick blender or liquidiser to purée the soup. Strain back into the pot and stir in the cream and parsley. Serve hot, with croutons.

Taken from [<http://www.whatsforsupper-juno.blogspot.com/2009/03/jerusalem-artichoke-soup.html>]

### Jerusalem Artichoke Veloute

1kg Jerusalem artichokes  
2T butter  
1T freshly crushed garlic  
salt and freshly ground black pepper  
1T fresh thyme  
300ml milk  
1.2l chicken stock  
16 snails (tinned)  
beetroot micro-greens to garnish

Peel and finely chop the artichokes. Over a low heat, saute artichokes in butter with garlic, salt, black pepper and thyme for 5 minutes until they begin to caramelize. Add milk and chicken stock, simmer until the artichokes have softened.

Liquidise with a hand blender until you have a smooth consistency, which will also begin to froth the soup.

In a separate pan, saute snails in butter until lightly crispy. Serve soup garnished with snails and beetroot micro-greens.

Taken from [<http://thecrestonline.co.za/jerusalem-artichoke-veloute/>]

### **Jerusalem Artichoke Pickles**

3/4 cup sugar

3/4 cup water

1/2 tablespoon whole mustard seeds

1/2 teaspoon turmeric

1/4 teaspoon cayenne

1/2 large sweet onion

1 3/4 cups distilled white vinegar

2 pounds Jerusalem artichokes (also called Sun Chokes)

2 tablespoons fresh lemon juice

Stir lemon juice into a large bowl of cold water. Peel Jerusalem artichokes and cut into 1/2-inch-thick rounds. Transfer as cut to acidulated water (to prevent discolouring).

Bring vinegar, sugar, water, mustard seeds, turmeric, cayenne, and 1 1/2 tsp salt to a boil in a medium nonreactive saucepan, stirring until sugar has dissolved. Cool brine to room temperature.

Cook Jerusalem artichokes and onion in a large pot of boiling water 1 minute. Drain and spread out on a kitchen towel to cool. Put vegetables in a glass or ceramic bowl and pour brine over them. Weight vegetables with a small plate to keep submerged, then cover bowl tightly. Chill, stirring once or twice a day, at least 1 week (to allow flavours to develop).

Taken from [<http://www.epicurious.com/recipes/food/views/Jerusalem-Artichoke-Pickles-242618>]