

Pickled Crosnes

WITH RED ONION, STAR ANISE AND PINK PEPPERCORNS

We have just introduced our home grown Crosnes (Chinese Artichokes) to the farm shop. These small vegetables grow in a very similar way to Jerusalem Artichokes. They can be eaten raw, cooked or pickled and are loved for their crunchy texture and nutty flavour. Once harvested they have a short shelf life so pickling them became a common practice in China and Japan where they originate from. They were first brought to the Europe on the 1880's where in France in particular they are pan fried in butter with herbs & used in salads.



Ingredients

- 125g tub of Secretts Crosnes
- Red wine vinegar to cover
- 1 -2 dessertspoons of castor sugar (I used light brown here)
- 1 small red onion, peeled and thinly sliced
- 4 star anise
- 1 tsp of pink peppercorns

Method

Give the crosnes a really good wash carefully removing any remaining compost using a fine brush (a clean unused toothbrush is handy here). Put a small pan of water on to boil and then add the crosnes and cook for just 1 minute. Drain in a colander and rinse the crosnes under the tap with cold water and place in a bowl lined with a paper towel and allow them to cool. Heat 100ml of red wine vinegar in a pan and add the sugar. Mix well so the sugar melts and then take off the heat and allow to cool. Start to layer the onion slices with the crosnes, star anise and peppercorns in a clean glass jar which has a tight fitting lid. When you have filled the jar pour over the vinegar and sugar mixture and top up with red wine vinegar to cover. Screw on the lid and give it a good shake. Allow to sit in the fridge for a couple of days at which time they will be ready to start eating. These should keep up to a month in the fridge.

Serve them with cheese and crackers, to garnish a salad or stir fry or as a snack with drinks.

