

# Pantry News

April 2020 Issue # 2

We hope you enjoy our second issue of *Pantry News*. A newsletter designed with you in mind! You will have the opportunity to try out new recipes using food items that you receive in your bag. Even though our emergency food relief program will be coming to an end next month, please know that you can always utilize the pantry program and get registered by calling the Aging office at 570-253-4262.

This month a generous donation was made by **Willow Wisp Organic Farm** in Damascus. They have given us Sunchokes. While these are quite tasty and nutritious, many of us are unfamiliar with them. Below we have shown different ways to prepare them and have included a special recipe using the sunchokes.

## SUNCHOKES

Sunchokes are a versatile North American root vegetable known for their nutty flavor, minimal preparation time and quick cooking. Almost anything you can do to a potato you can do a sunchoke; they can be roasted, fried, boiled, steamed, mashed, or grilled. They can also be eaten raw. Sunchokes are low in calories, high in fiber, and are a great source of iron, calcium, magnesium and potassium. They also contain the carbohydrate inulin, which helps keep the blood and glucose levels stable.



**How to prepare them...** Like potatoes, sunchokes grow underground, so the first step is to rinse them in cold running water to remove any traces of dirt. You do not have to peel them; the skin is edible. Sunchokes will oxidize when sliced, so it's best to use them right away or store them in acidulated water (water with the juice of one lemon) if not using immediately.

**ROASTED-** Slice into half-inch slices. In an oven-proof pan drizzle with a little oil, sprinkle with salt and pepper, and then roast in a 425 degree oven for about 20 to 30 minutes. Roasting brings out the natural sweetness of sunchokes.

**MASHED-** Boil sunchokes for about 15 minutes until tender, then mash with butter, salt and pepper. If you like, you can mash them with roasted garlic.

**RAW-** If using sunchokes raw, you may want to peel them. Add crunch to a salad by topping with thin slices of sunchoke.

**FRIED (like potato chips)-** Slice them as thinly as you can and then fry in hot oil-whatever healthy oil you prefer- until they are crispy and golden brown. Drain on a paper towel and sprinkle with salt.

### Crispy Sunchokes with Balsamic Vinegar

<b>Ingredients-</b> 2 TB olive oil	4 sprigs rosemary
2 lbs small sunchokes, scrubbed & quartered	1/4 cup (1/2 stick) unsalted butter
Kosher salt & freshly ground black pepper	3 TB aged balsamic vinegar

**Directions-** Heat oil in a large skillet (you'll need a lid), over medium-high heat. Add sunchokes and 1/4 cup water & season with salt and pepper. Cover and cook, stirring occasionally, until sunchokes are fork tender, 8-10 minutes. Uncover skillet and cook, stirring occasionally, until water is evaporated and sunchokes begin to brown and crisp, 8-10 minutes longer, transfer to a platter. Add rosemary and butter to skillet and cook, stirring often, until butter foams, then starts to turn brown. Remove skillet from heat and stir in vinegar, scraping up any browned bits. Spoon brown butter sauce and rosemary over sunchokes.