

FIDDLEHEADS



Fiddleheads are a great source of Vitamin C and are readily available in New Brunswick in the spring of the year. They can also be frozen for use year round.

STORING FIDDLEHEADS – FREEZING FOR YEAR ROUND USE



Fiddleheads freeze very well and will last in the freezer from one season to the next. To freeze, blanch **well cleaned** fiddleheads in boiling, lightly salted water for 1 minute. Drain and cool; then put in air-tight bags and freeze. When you decide to use your frozen fiddleheads, make sure they you cook them well.

POTATO AND FIDDLEHEAD SOUP

- 4 potatoes, peeled and diced
- 2 Tbsps, margarine, butter or olive oil
- 1 onion chopped finely
- 2 cloves of minced garlic
- 2 Tbsps of flour
- 3 cups hot chicken broth stock
- Salt, pepper, dash of cayenne (optional); may also use a salt substitute
- 1/2 cup milk (evaporated milk can be used 1% or 2%)
- 2 cups fiddleheads (fresh or frozen), cooked well for 15 minutes

Put potatoes in soup pot in enough water to cover. Bring to boil, reduce heat and simmer until mushy, add water if needed. Mash with a potato masher (or puree in blender; return to pot.)

Add olive oil to saucepan and sauté onion until soft. Stir in flour, try to remove any lumps; using a whisk, slowly add the broth, stirring constantly until all broth is added; cook until smooth. Add to potato liquid. Stir in milk and heat to almost boiling. Season with salt, pepper and cayenne. Taste and adjust seasoning. Add cooked, mashed fiddleheads (fiddleheads can also be pureed in blender before adding) and heat to boiling. Serve with crusty rolls for one-dish supper. Serves 4 to 6



***Note:** See Health Canada information & warning on CDEPP website. **Health Canada suggests that fiddleheads should be washed well and cooked thoroughly before eating.** Consuming raw or undercooked fiddleheads may cause symptoms including upset stomach, diarrhea, and nausea and vomiting.*

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Recipes for Vegetable of the Month

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