

A RECIPE BY NATIVE WOMEN'S ASSOCIATION OF CANADA

ingredients

- 1 pound Fiddleheads
- 1 or 2 garlic cloves, minced very fine
- 1/4 cup butter or extra-virgin olive oil
- 2 tablespoons finely chopped fresh parsley
- Salt and freshly ground black pepper

Health Canada advises that fresh fiddleheads must be properly cooked before being consumed

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directions

- Trim and wash fiddleheads in cold water, removing the brown covering as you go.
- Drain and pat dry.
- Heat half of the butter (or olive oil) in a large skillet over medium heat.
- Add the fern shoots and turn the heat up to medium-high. The ferns should sizzle, but don't allow the butter to burn.
- Toss and stir for about 5 minutes.
- Add the other half of the butter (or oil), the garlic, and the parsley.
- Continue cooking for one minute longer, or until you can smell the garlic and the ferns are tender.
- Season with salt and pepper and serve immediately on hot plates.