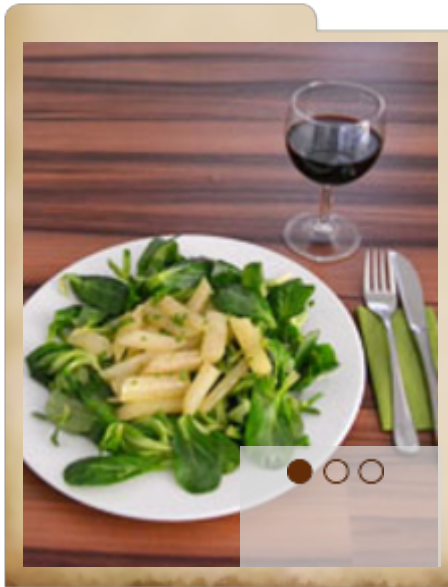




Rezepte aus der Behr Küche

Roasted Black Salsify



2
500 g black salsify
1 lemon
3 tsp sugar
4 tbsp olive oil
100 g lamb's lettuce
Salt and pepper

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For the vinaigrette, first squeeze the lemon. Mix 2 tbsp lemon juice with the salt, 1 tsp sugar and pepper, stir in 2 tbsp olive oil. Peel and wash the salsify and cut diagonally into 2 cm-long pieces. Blanche the salsify in salted boiling water for about 5 minutes. Meanwhile clean, wash and thoroughly drain the lamb's lettuce. Pat the salsify dry and sauté it while stirring with 2 tbsp olive oil in a pan for 4-5 minutes. Sprinkle with 2 tsp sugar, caramelize for 2-3 minutes. Place the salsify in a bowl, drizzle with vinaigrette, leave to marinate for 10 minutes. Fold the lamb's lettuce in and serve immediately.