

Mandarin Orange Jerusalem Artichoke

Turkish mandarin orange Jerusalem artichoke recipe cooked in olive oil. A healthy, diabetic-friendly vegetarian dish with potatoes and aromatic spices.

10 min

PREP

30 min

COOK

40 min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

Ingredients

- 2 lb jerusalem artichoke
- 3 potato
- 1 cup olive oil
- 3 carrot
- 2 onion
- 3 clove garlic
- 1 fresh lemon juice
- 1 cup rice
- 1 bunch dill
- 1 tsp granulated sugar
- 1 cup mandarin orange juice
- 1 mandarin orange

Instructions

1 Prepare the Jerusalem artichokes

Fill a large bowl with cold water and squeeze juice from 1 mandarin orange into it. Peel 2 pounds of Jerusalem artichokes and immediately place them in the acidulated water to prevent browning. Cut into 1-inch chunks and keep submerged until ready to use.

2 Prepare remaining vegetables

Dice 3 onions into small pieces. Mince 3 cloves of garlic. Chop 2 carrots into ½-inch rounds. Slice 1 mandarin orange into ¼-inch thick rounds, removing any seeds.

3 **Rinse the rice**

Place 1 cup of rice in a fine-mesh strainer and rinse under cold running water, stirring with your fingers, until the water runs clear, about 2-3 minutes. Drain thoroughly.

4 **Start the base**

Heat 1 cup of olive oil in a large heavy-bottomed pot over medium heat until shimmering, about 2 minutes. Add the diced onions and cook, stirring occasionally, until soft and translucent, about 5-6 minutes.

5 Add the minced garlic and cook, stirring constantly, until fragrant, about 30 seconds. Do not let the garlic brown.

6 **Add vegetables and rice**

Drain the Jerusalem artichokes and add them to the pot along with the chopped carrots and rinsed rice. Stir gently to coat everything with the oil and cook for 3-4 minutes until the rice is lightly toasted.

7 **Add liquid and seasonings**

Pour in 1 cup of mandarin orange juice and add 1 teaspoon of salt. Stir once to combine, then arrange the mandarin orange slices on top of the mixture. Do not stir after this point.

8 **Simmer covered**

Bring the mixture to a gentle boil over medium heat, then reduce heat to low. Cover the pot with a tight-fitting lid and simmer for 25-30 minutes until the Jerusalem artichokes are tender when pierced with a fork and the rice is cooked through.

9 **Rest and garnish**

Remove from heat and let stand covered for 15 minutes to allow the flavors to meld. Finely chop 1 bunch of fresh dill and sprinkle over the top just before serving.

Tips

Soak peeled Jerusalem artichokes in lemon water immediately after cutting to prevent oxidation and browning.

Cut vegetables into uniform, medium-sized pieces to ensure even cooking - pieces that are too small will break apart during the slow braising process.

Don't skip the sugar - it helps balance the acidity of the citrus juice and gives the vegetables a beautiful glossy finish.

Cook on the lowest heat setting without stirring frequently to prevent the vegetables from breaking apart and becoming mushy.

Allow the dish to cool completely with the lid on to let the flavors meld and develop before serving at room temperature.

Fresh mandarin juice works best, but you can substitute with orange juice or even a mixture of lemon and orange juice for different flavor profiles.

Rinse the rice before adding to remove excess starch and prevent the cooking liquid from becoming too thick.

Taste and adjust seasoning at the end of cooking, as the citrus juice can vary in acidity depending on the fruit's ripeness.