

Mandalinal? Yer Elmas?

Turkish Jerusalem artichoke with mandarin orange cooked in olive oil. A healthy, vegan appetizer featuring tender Jerusalem artichokes in citrus sauce.

10

HAZIRLIK DK

30

PIRME DK

40

TOPLAM DK

4

PORSIYON

Medium

ZORLUK

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Malzemeler

- 1 kg 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

Yapılışı

- Prepare the vegetables**

Peel 1 kg Jerusalem artichokes and cut into 2-inch chunks. Place immediately in a bowl of cold water with juice from 1 mandarin to prevent browning.
- Peel and dice 2 onions into small pieces. Peel and mince 3 cloves garlic. Cut 2 mandarins into 1/4-inch thick rounds, removing any seeds.**
- Start the base**

Heat 1 cup olive oil in a large, heavy-bottomed pot over medium heat until shimmering, about 2-3 minutes. Add diced onions and cook until soft and translucent, about 4-5 minutes.
- Add minced garlic and cook until fragrant, about 30 seconds. Drain Jerusalem artichokes and add to the pot, stirring to coat with oil.**
- Add liquid and seasonings**

Pour in 1 cup mandarin juice and add 1 teaspoon salt. Bring to a gentle simmer over medium heat, then reduce heat to low.
- Arrange mandarin rounds in a single layer over the Jerusalem artichokes. Sprinkle 1 bunch fresh dill, chopped, over the top.**

7 Cook until tender

Cover pot with a tight-fitting lid and simmer on low heat for 25-30 minutes, until Jerusalem artichokes are fork-tender and liquid has reduced by half.

8 Finish and serve

Remove from heat and let rest covered for 10 minutes. Taste and adjust salt if needed. Serve warm or at room temperature.

?puçlar?

Prevent Jerusalem artichokes from browning by immediately placing peeled pieces in water with lemon juice until ready to use.

Don't chop the vegetables too small or they may break apart during cooking - aim for 1-2 inch pieces for the best texture.

Add 1 tablespoon of vinegar to the cooking liquid to help vegetables maintain their shape and prevent mushiness.

Cook on low heat without stirring frequently to preserve the integrity of the tender vegetables and develop deep flavors.

Allow the dish to rest covered at room temperature for at least 30 minutes before serving to let flavors meld properly.

Use the finest quality extra virgin olive oil you can find - it makes a significant difference in this simple dish.

Fresh mandarin juice is preferable to bottled, but if using bottled, choose one without added sugar or preservatives.