

Pan Sauteed Fiddleheads



INGREDIENTS

Ground Freshly Pepper
1 Teaspoon Sea Salt
1/2 Lemon - Juice and Grated Zest
4 Tablespoons Unsalted Butter
2 Dozen Fiddlehead Ferns

DIRECTIONS

1. Fill a medium bowl with cold water (use a few ice cubes to get it colder)
2. Add the salt and the juice from half of a lemon. Trim the fiddlehead ferns and remove any brown, or dry areas and soak them in the lemon water to clean them.
3. Melt the butter in a pan (not non-stick) over medium high heat. Blanch the fiddlehead ferns for about one minute in boiling water.
4. Strain and quickly transfer to melted butter and cook about 2 minutes on each side, until slightly crispy and golden. Season with salt, pepper and some lemon zest. Serve hot with an aged cheese or green tomatoes on the side.