



FIDDLEHEAD FERNS

½ pound fiddlehead ferns, washed and trim brown end~
1 Tablespoon extra-virgin olive oil
1 large shallot finely, chopped
2 teaspoons lemon juice
Herbamare to taste
1 clove garlic, crushed

Soak fiddlehead ferns in cold water and then put in salad spinner and spin for about ten minutes to remove the skin. Steam fiddlehead ferns for 2 minutes. In a wok or a frying pan heat olive oil and add garlic and shallots stir-fry for a few minutes until soft. Add fiddlehead ferns and stir fry for a couple of minutes and add lemon juice and Herbamare to taste. Serve.