

Sautéed Fiddleheads

Oscar · 28/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

6

Description

Learn how to cook fiddleheads with this recipe that I made up after I could not find one otherwise I recently discovered fiddlehead ferns and they are a new seasonal favorite These are so yummy that I can eat the whole dish in one sitting

Ingredients

- - 3 cups fresh fiddlehead ferns
- ends trimmed - 3 tablespoons unfiltered extra-virgin olive oil - 1 clove garlic
- minced - ½ teaspoon sea salt - ½ teaspoon black pepper - 1 tablespoon fresh lemon juice

Instructions

1. Gather all ingredients. Dotdash Meredith Food Studios Bring a large pot of salted water to a boil. Cook fiddlehead ferns in the boiling water until barely tender
2. 7 to 10 minutes. Drain. Dotdash Meredith Food Studios Heat olive oil in a large skillet over medium-high heat. Stir in prepared fiddlehead ferns
3. garlic
4. salt
5. and pepper. Cook and stir until ferns are lightly browned and tender
6. about 5 minutes. Remove from heat and sprinkle with lemon juice. Dotdash Meredith Food Studios