

JERUSALEM ARTICHOKE AOLI

<i>Ingredients</i>	<i>Equipment</i>
200g Jerusalem Artichokes	Small Saucepan & Lid
1 Small Potato	Bamix
6 Cloves Garlic	Chopping Board
Salt & Pepper	Chef's Knife
Parsley	Wooden Spoon
Olive Oil	Colander

What to do

1. Weigh Artichokes
2. Peel Potato
3. Cut Artichokes and Potato into cubes
4. Peel Garlic
5. Place Artichokes, Potato and garlic into the saucepan, cover with water and bring to boil. Simmer and cook until very soft.
6. Finely chop parsley
7. Drain Artichoke & Potato in the colander carefully, and return to the saucepan
8. Drizzle a little olive oil in the saucepan
9. Add salt and pepper to taste
10. Blend with Bamix until smooth, add chopped parsley.
11. Place in a serving bowl and serve with crusty bread.