Jerusalem Artichoke Chips

Makes: Quantities able to be adjusted depending on number of serves.

Notes for volunteers:

- **Using the deeper fryer and food processor requires close adult supervision. Please be vigilant.**
- Jerusalem artichokes are the tubers from a plant related to sunflowers. They are dug from the ground in late Autumn and Winter, once the plant dies down.
- The flesh of the Jerusalem artichoke quickly goes brown once cut. Placing it a bowl of acidulated water (i.e. with lemon added) will prevent this.
- As with potatoes, choose tubers that have not turned green due to sunlight exposure.
- Jerusalem artichokes can also be used for soups, raw in salads or cooked in casseroles.
- Focus skill: Using the food processor attachments for slicing.

**Ingredients**

Jerusalem artichokes
Salt
Oil for frying
Paper towel

**Method**

1. Wash the Jerusalem artichokes. Use a paring knife to remove the worst of the knobbly bits then peel to remove the peel. Place in a bowl of acidulated water if not using immediately.
2. Heat the oil in the deep fryer.
3. Use the slicing attachment on the food processor or a V-slicer to thinly slice the Jerusalem artichokes.
4. Dry the slices with paper towel then fry in small batches until golden brown and crisp.
5. Drain on paper towel.
6. Sprinkle with salt before serving.

Recipe Reference: Adapted from Stephanie Alexander *The Cook’s Companion*