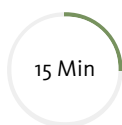


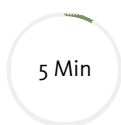


PICKLED DANDELION CAPERS

A great & healthy addition to any antipasto



Preparation



Cook

Ingredients

For 1 jar

2 handfuls of green, closed dandelion buds

1 tsp salt

100 ml apple vinegar

100 ml water

Recipe by: Janett Platino - Restaurant Bad Egart / Onkel Taa

Preparation

Wash the dandelion buds well and pat dry. Bring the apple vinegar and water to the boil in a pot and simmer the buds briefly.

Remove and place in a preserving jar, fill with hot stock and close tightly.

Store in a dark and cool place for 2 weeks to develop the best flavour.

TIP: Use like normal capers, e.g. to season "vitello tonnato", or simply enjoy on toasted bread with olive oil.