

## Pickled Fiddleheads with Shallots

Fiddlehead's texture is a cross between okra and green beans, which means they lend themselves to pickling. This recipe keeps well in the fridge for 1 month or you may can in jars for use later. If you find wild ginger near the ferns add some for an extra peppery note. These pickles would be welcome at an early spring BBQ.

2 lemons

1 1/2 cups water

1 1/2 cups wine vinegar

1/3 cup sugar

2 tbsp kosher salt

8 inch piece wild ginger root, optional

1 tsp each: whole black pepper, coriander seeds, and allspice

1 lb fiddleheads, cleaned of scales

1/2 lb shallots, sliced 1/8 inch thick

With a vegetable peeler remove long strips of zest from lemons. Juice lemons. Place fiddleheads, shallots and lemon zest in a ceramic bowl or crock or packed in sterilized canning jars. Bring to boil water, vinegar, lemon juice, sugar, salt, optional wild ginger and spices. Pour over fiddleheads, shallots, and lemon zest. For refrigerator pickles weigh down vegetables with a plate to keep submerged in the bowl or crock and let cool to room temp, then refrigerate and enjoy the next day. For canned pickles, seal jar and process in hot water bath for ten minutes.