Mashed Sunchokes

Ingredients

- 1 lb sunchokes, trimmed and cut into 1-inch pieces
- 1 cup whole milk
- Coarse salt
- 1 tablespoon olive oil
- Cream (optional)

Instructions

Note: Wash sunchokes really well. If lobes are touching, break them to make sure all the dirt is removed. You can leave the skins on.

1. Place sunchokes in a large saucepan. Add milk and enough water to cover. Season with salt and bring to a boil over medium-high heat; immediately reduce heat to a simmer and cook until sunchokes are tender, about 30 minutes.

2. Drain, reserving cooking liquid. Return sunchokes to saucepan and add olive oil; mash with a potato masher until smooth. Stir in some of the reserved cooking liquid to moisten. Optional: add a little cream, to taste. Serve immediately.

Great served as a side with roasted chicken.