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How to Cook Salsify

From the wonderful team at [Great British Chefs](#), this is a how-to-guide on Salsify. A root vegetable that is otherwise known as the “oyster of vegetables” or by the ancient Greeks as “billy goat’s beard”. We hope you enjoy something a little different this season - happy salsifying!

1. To prepare the salsify, wash the salsify under cold water, scrubbing off any soil and dirt
2. Once peeled, salsify turns brown at an alarming rate. To prevent this, prepare a bowl or tray (big enough to hold the salsify) of cold water with the lemon juiced into it, ready for the peeled salsify to be submerged into
3. Peel the batons using a vegetable peeler. Plastic gloves are a good idea if you have a lot to peel as the milky residue is very sticky. Trim the ends and halve any batons which are too long to fit in the water (or chop into smaller pieces if preferred)
4. Boil the salsify in salted water for 6–8 minutes depending on the thickness. Cook like you would any other root vegetable, until soft but not mushy, or a little al dente if that’s your preference
5. Drain the salsify, season with salt and toss with a knob of melted butter.

Check out Great British Chef recipe collection [here](#). Our personal favourite, by Pollyanna Coupland, is this [Salsify in Blankets recipe](#).

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