Fiddleheads with Garlic Lemon Butter Sauce

5 ingredients · 20 minutes · 2 servings

Directions

1. Rinse fiddleheads thoroughly, making sure to remove as much dirt and brown papery husk as possible.
2. Add fiddleheads to a large saucepan and cover with water. Bring to a boil then lower to a simmer for 15 minutes. Drain and rinse the fiddleheads.
3. Return the fiddleheads to the saucepan over medium-high heat. Add the butter, garlic and salt. Cook for 3 minutes.
4. Squeeze lemon juice overtop and serve. Enjoy!

Notes

No Butter
Use ghee, coconut oil, avocado oil or olive oil instead.

Food Safety
Fiddleheads must be cleaned thoroughly, and boiled or steamed for at least 15 minutes to reduce the potential for food-borne illness. Do not skip steps 1 and 2.

Ingredients

8 ozs Fiddleheads (trimmed and washed)

2 tbsps Butter

2 Garlic (cloves, minced)

1/4 tsp Sea Salt (or more to taste)

1/4 Lemon (juiced)