



Steamed Fiddleheads

The curled shape, the crunch and the truly unique woodsy flavor make this simple steamed green a versatile and unusual side dish. Serve hot with butter, salt and pepper or a lemon glaze.

2 cups fiddleheads (500 mL)

Remove the papery outer layer from the fresh **fiddleheads** and wash well. Place the fresh fiddleheads in a vegetable steamer over boiling water. Cover and steam 5 to 10 minutes or until tender crisp

novascotia.com

Lemon Butter Glaze:

¼ cup lemon juice (50 mL)

¼ cup butter (50 mL)

In a small saucepan melt the **butter**, stir in the **lemon juice**. Pour over the steamed fiddleheads and gently toss to coat. **Serves 4.**

novascotia.com