

Winter Root Vegetable Stew

with Fresh Horseradish Gremolata

Sunchokes, or Jersualem artichokes, are one of the root vegetables featured in this comforting stew. We love them for their sweet yet earthy flavor, and their creamy, starchy texture. Many believe the name Jersualem comes from the Italian word “girasola,” meaning “turning to the sun” like a sunflower, since these little tubers are from the same genus as the famous yellow blossom.



Ingredients

- 8 Ounces Sunchokes
- 4 Cloves Garlic
- 15-Ounce Can White Beans
- 1 Bunch Parsley
- 1 Carrot
- 1-Inch Piece Fresh Horseradish
- 1 Lemon
- 1 Mini Baguette
- 1 Parsnip
- 1 Yellow Onion
- 2 Fresh Bay Leaves
- 3 Tablespoons Vegetable Demi-Glace

Makes 2 Servings

About 550 Calories Per Serving



Instructions



Prepare your ingredients:

Preheat the oven to 425°F. Wash and dry fresh produce. Peel and medium dice the parsnip. Medium dice the sunchokes. Peel all 4 garlic cloves. Leave 1 clove whole and mince the other cloves. Drain and rinse the beans. Finely chop the parsley. Peel and small dice the onion and carrot. Peel and grate the horseradish. With a pairing knife or peeler, remove the peel from the lemon. Finely chop the peel to get about 1 tablespoon of zest (or use a citrus grater). Cut the lemon into quarters and remove the seeds. Cut the bread lengthwise on an angle into ¼-inch-thick slices.



Cook the aromatics:

In a medium pot, heat a couple teaspoons of olive oil on medium-high until hot. Add the **onion, carrot, parsnip** and **¾ of the minced garlic** (save the rest for the gremolata); season with salt and pepper. Cook 1 to 3 minutes, or until the onion starts to soften, stirring frequently.



Add the vegetables:

Add the **sunchokes**, then season with salt and pepper. Cook 2 to 3 minutes, or until the vegetables just start to sweat. Add the **beans, bay leaves, vegetable demi-glace**, and **2½ cups of water**. Bring to a boil, then reduce the heat to low. Simmer 16 to 20 minutes, or until the vegetables are tender and the stew has slightly thickened. Remove from the heat.



Toast the bread:

While the stew simmers, drizzle the **bread slices** with **olive oil**. Place on a baking sheet and toast in the oven for 4 to 6 minutes, or until browned and crispy. Remove the bread from the oven, and while still hot, rub with the **whole garlic clove**.



Make the horseradish gremolata:

While the bread toasts, in a small bowl, combine the **grated horseradish, lemon zest, chopped parsley**, and the **remaining minced garlic**. Stir in enough **olive oil** to create a rough paste, then season with salt and pepper to taste.



Plate your dish:

Just before serving, stir the **juice of 1 lemon wedge** into the stew and the **juice of 1 lemon wedge** into the gremolata. To plate your dish, divide the stew between 2 bowls and garnish with the **gremolata, garlic bread**, and **remaining lemon wedges**. Enjoy!