

Briny Summer Burdock Stalk Tapenade

Ingredients

- ¼ cup burdock stem, peeled and chopped (this was about 2 flower stalks for me)
- 1 tbsp. capers
- 1 tbsp. chopped parsley
- 1 clove garlic
- 1 tsp. lemon juice
- 2 tbsp. olive oil
- Salt and pepper, to taste

Steps

1. To prepare your burdock, use a paring knife to peel off the fibrous exterior of the burdock, leaving the light green and white center. If you find a hole down the center of your stalk, it's likely too old and tough- cut away that part until it's solid all the way through. Chop your burdock into small pieces, and prepare a steamer. Steam the burdock for 10 minutes to further soften it, and then chop further into a rough, uneven mince.

2. Roughly chop the capers, and place them in a bowl with the burdock. Chop the parsley fairly finely, and mince the garlic well. Place in the bowl, along with the remaining ingredients. Stir, taste, and adjust the seasonings to preference. You can eat this right away, but for the best taste let it sit in the fridge in an airtight container for 24 hours to marinate. Serve on bread or with crackers.

