

Sunflower Seed Loaded Jerusalem Artichoke Chips

Ingredients

For the Chips:

- 1 lb. Jerusalem Artichokes
- Vegetable oil, for frying
- Salt, to taste

For the Creamy Sauce

- ½ cup sunflower seeds (unsalted, shelled)
- 1 tbsp. nutritional yeast
- 3 tbsp. vegan yogurt
- 1 clove garlic
- 1 tsp. apple cider vinegar
- Salt, to taste

For the Fake-on Bits

- ¼ cup sunflower seeds (unsalted, shelled)
- ½ tsp. olive oil
- ½ tsp. soy sauce
- ½ tsp. nutritional yeast
- ½ tsp. maple syrup
- ¼ tsp. smoked paprika

For Garnish

- 5-6 chives

Steps

1. Start by making your chips. Use a mandolin to make slice the Jerusalem artichokes into thin slices (about 1.5mm). Place a cooling rack on a baking sheet, and set aside. Use a deep fryer if you have one, or heat a few inches of vegetable oil in a medium-sized pot. Heat the oil to around 350 F (175C). Add a small handful of the sunchokes, and let cook for a few minutes, stirring occasionally, until the chips start to brown. You're going to need to do a little experimenting here, because the window between not cooked enough (which will be soft, and not crunchy), and too cooked (which will lose a little of



the chip's natural sweetness and flavor) is pretty narrow. Keep in mind that once you do remove the Jerusalem artichokes from the oil, they'll continue to darken a little, and will firm up. Place the cooked chips on the prepared cooling rack, sprinkle with salt, and repeat until all the chips are made. If you're not looking for loaded chips, you can definitely stop here, as the chips are delicious on their own!

2. Now for the creamy sauce. Place the ½ cup of sunflower seeds into a pot of water, bring to a boil, and boil for 15 minutes to soften. Drain, and place in a blender, along with the remaining ingredients for the sauce and 2 tbsp. water. Blend until smooth.

3. To make the Fake-on bits, add all of the ingredients to a bowl, and stir until it's well combined. Spread them out on a small baking sheet. Turn your oven's broiler on, and place the seeds underneath the broiler. Keep an eye on them (they can burn quickly!), stirring every minute or two, until they are toasted and crispy.

4. Assembly time. Place the chips on a large plate, and then pipe or dollop the creamy sauce on top. Sprinkle with sunflower seed fake-on, and chop your chives to sprinkle on top as well. Dig in!