



LES STROUD'S  
WILD HARVEST

## **Beer-Battered Horsetail | Sweet Vinegar Dip Horsetail & Spruce Tip Salad**

**By Chef Paul Rogalski**



Serves 4

Fresh, deep-fried, beer battered *anything*, especially in the outdoors, is comfort food at its finest. It offers a crispy texture without masking the flavour of the ingredients. The young horsetails with their neutral flavor add a unique texture and structure and partner wonderfully with the flavors of the other ingredients. I showcased the spruce tips in their natural state to capitalize on the citrus -bomb flavor they deliver.

Remember, deep-frying is dangerous, especially over an open fire. Please be extra careful and use safe methods when managing the process. You'll need a good pan with tall sides (1.5 to 2 inch) or a shallow pot. You'll also need a paper-towel lined bowl to absorb excess oil after frying.

### **Sweet Vinegar Dip** (you can make this in advance)

- 1/2 cup of rice, or your favorite vinegar. I like dandelion vinegar.
- 1/4 cup of light soy sauce
- 1 tablespoon of liquid honey
- A sprinkle of salt

### **Beer Battered Horsetail**

- 1 cup of your favorite beer
- 1 cup of all-purpose flour
- 1 cup of cleaned young horsetail
- Enough canola oil to fill the bottom of your pan or pot to 1 to 1.5 "deep for frying
- A sprinkle of salt

### **Horsetail & Spruce Tip Salad**

- 12 spruce tips, cleaned
- 12 young horsetails, cleaned
- 2 tablespoons Sweet Vinegar Dip
- A sprinkle of salt



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**For Vinegar Dip:** In a bowl mix rice vinegar, soy sauce, and honey. Season with salt to your taste.

**For Beer-battered Horsetail:** Stir beer and flour together in a bowl. Season with a pinch of salt and let stand for 10 minutes.

Heat oil to 340°F. If you don't have a thermometer, drop a bit of the batter in the oil to test. The oil should bubble around the batter and lift it up from the bottom of pan.

Gently mix 2/3 of the horsetails in the batter, and using chop sticks or tongs, drop 1/4 of the battered horsetails at a time into the oil, to avoid boiling over and to maintain the oil temperature. Allow each to float to the top before adding more. Cook the first side until golden brown and carefully flip away from you to avoid burns. Cook second side to golden brown. Remove and place in the paper towel lined bowl. Once excess oil has been absorbed, season generously with salt.

**For Salad:** Simply mix the horsetail and spruce tips with the sweet vinegar dip and season with salt to your taste.

Serve the beer battered horsetails, the salad, and the dip all together. Savour.