



LES STROUD'S
WILD HARVEST

Dandelion, Spruce Tip & Horsetail Batter Cakes | Tarragon Aioli **By Chef Paul Rogalski**



Serves 4

Dandelion tops and young dandelion leaves provide both sweet and bitter flavours – providing a balanced profile. The citrusy spruce tips and the tarragon aioli with its hint of licorice flavor make this dish a home run. I use a blender to make the aioli as it makes the emulsification of the ingredients an easy task.

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 to do this safely. You'll also need a paper-towel lined bowl to absorb excess oil after frying.

Tarragon Aioli (you can make this in advance)

- 2 egg yolks
- 2 garlic cloves
- 1 teaspoon of red wine vinegar
- 1 tablespoon of Dijon mustard
- 1/2 cup of light flavoured oil, canola or vegetable
- 2 tablespoons of fresh tarragon leaves, finely chopped
- A sprinkle of salt

Batter Cakes

- 1 1/2 cups your favorite beer
- 1 cup all-purpose flour
- 1 cup dandelion heads, washed, dried and coarsely chopped
- 1 cup young dandelion leaves, washed, dried and coarsely chopped
- 1/2 cup horsetails, washed and dried
- 1/4 cup spruce tips, cleaned, finely chopped
- 1 green onion, sliced thinly on the bias
- Enough canola oil to fill the bottom of your pan or pot to 1 to 1.5" deep for frying
- A sprinkle of salt



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For Aioli: Blend egg yolks, mustard, garlic and vinegar together until smooth. Slowly drizzle in the oil allowing it to emulsify while it blends. Stir in tarragon leaves and season with salt to your taste. Refrigerate until needed.

For Cakes: Stir the beer and flour together and season with a pinch of salt. 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 the dandelion heads, dandelion leaves and horsetail in the batter. Using a spoon, carefully drop $\frac{1}{4}$ of the battered ingredients in the hot oil, one at a time 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.

To finish, spread a generous amount of the aioli on each cake then sprinkle generously with finely chopped spruce tips and sliced green onions. Savour.