



INGREDIENTS:

- 2 cups fresh fiddleheads, cleaned and trimmed
- ½ cup cooked, crumbled bacon
- Olive oil or butter
- Salt to taste

METHOD:

1. Clean: Rinse fiddleheads well and rub off any brown husk. Trim away tough ends.
2. Blanch: Boil for 2–3 minutes, then immediately transfer to ice water to stop the cooking.
3. Griddle: Heat oil or butter in a skillet over medium heat. Sauté fiddleheads for 5–7 minutes, until tender and lightly crisp.
4. Add bacon: Toss in the crispy bacon bits and cook together for another minute.
5. Serve & enjoy! A savory side dish straight from the forest.

FUN FACT:

Fiddleheads are packed with fiber, vitamin C, iron, and antioxidants—a nutrient-dense seasonal delicacy!

Just remember: they must be cooked before eating.

