

Salsify with buttermilk and pumpkin seeds



Ingredients

- 200 ml Pur Natur fresh buttermilk
- 1 l Pur Natur fresh milk
- salt and pepper
- 2 tbsp olive oil
- 100 g roasted pumpkin seeds
- 1 kg salsify

Instructions

Peel the salsify and slice into thick short lengths. Cook until done in milk and water with a pinch of salt. Heat the buttermilk slightly and season with salt and pepper. Rinse the salsify and fry them in a pan over medium heat. Serve with the buttermilk, drizzle with some olive oil and garnish with the pumpkin seeds.