



Milkweed Buds with Butter

adapted from Euell Gibbons

serves 2

- 4-6 cups young milkweed buds
- 3 tablespoons unsalted butter, softened
- 1 teaspoon sea salt

Place the milkweed buds in a colander and rinse thoroughly, then shake to dry. Transfer buds to a medium saucepan and place on the stove. Leave colander in the sink.

Bring a large kettle full of water to the boil, then pour over milkweed just to cover. Turn on a high flame under the milkweed and cook for one minute. Drain and repeat the process twice more.

Once you have gone through three changes of water, cover milkweed once more with boiling water and cook for about 5 minutes. Transfer to a colander and allow to drain for a few minutes.

Place cooked milkweed in a serving bowl, add butter and salt, and stir gently to mix well.

Serve right away.