

... ail des ours is an indigenous plant all over in middle europe - other than onion and galic, wich are imported.

... it is traditionally used as a medical plant that can help with gastroduodenal disorders, high blood pressure or arterioscleroses. With its specially high content of sulphur it also helps to clean the body from heavy metal.

... where does the name come from, "ail des ours", the same expression like the German "Bärlauch" ? As it is growing very early in the year, it has been the first food that the bears found after waking up from their hibernation. It served them well to break their fast in spring, get their digestion started and clean their body.

... the whole plant is edible. the taste is best before it starts to flower in april.

it can be kept as pesto for about 3-6 month in jars at a cool place.

300g ail des ours, chopped up

70g almonds, rosted and ground

70g parmesan, grated

350ml olive oil

mixed well

to keep it in jars, the paste should be covered with oil.

alternatively the ail des ours can simply be chopped up, put in a jar and covered with oil. There should be no bubbles of air in the mixture.

I usually keep i like that up to a year at a cool place. so i have ail des ours all over the year.

when it is fermented like choucroute it keeps about a year.