

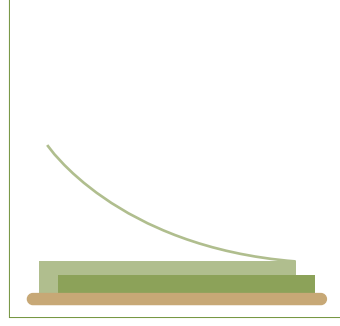
HOW TO COOK CARDONE

HOW TO PREPARE CARDONE



CUT

Off cardone base, ends, and any leaves. Wash ribs.



DESTRING

The back of each rib with a serrated knife or vegetable peeler. Run serrated knife down the sides of each rib to remove any additional leaves.



SPRINKLE

Cardone with lemon juice or vinegar to prevent browning where cut.



PLACE

Cut pieces in large bowl filled with cold water until ready to cook.

SAUTÉED

Serves: 4

Prep Time: 20 minutes
Cook Time: 1 hr 15 min

INGREDIENTS

- 1 Ocean Mist Farms cardone, prepared
- 1 yellow or white onion, sliced
- 2 Tbsp. honey
- 1 lemon
- 2 Tbsp. white wine
- 2 Tbsp. chopped toasted almonds
- 2 Tbsp. extra virgin olive oil
- 1 Tbsp. fresh thyme leaves



BOIL

A large pot of water and add prepared cardone.



LOWER

Heat to simmer and cook for 45 minutes.



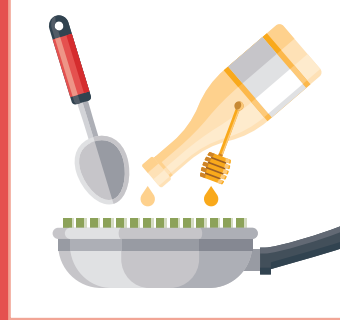
DRAIN

Cardone, cool, and chop into 1 inch pieces.



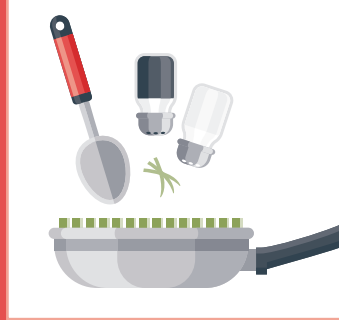
HEAT

Oil in a skillet on medium heat and saute onion until golden brown.



ADD

Cardone and lower heat. Saute for 2 minutes. Add wine and simmer until mostly evaporated. Add honey.



TOSS

With almonds, salt, pepper, and thyme. Turn off heat and serve!

ROASTED

Serves: 4

Prep Time: 20 minutes
Cook Time: 30 minutes

INGREDIENTS

- 1 Ocean Mist Farms cardone, prepared and cut into 1 inch pieces
- 2 Tbsp. extra virgin olive oil
- 2 cloves garlic, minced
- Salt & pepper, to taste
- Juice of 1 lemon



PREHEAT

Oven to 425° F.



TOSS

Prepared cardone pieces, salt, pepper, garlic, and lemon together.



SPREAD

On a baking sheet.



ROAST

For 25-30 minutes, until the cardone are browned and tender on the inside. Serve hot.

BATTERED AND FRIED

Serves: 4

Prep Time: 20 minutes
Cook Time: 30 minutes

INGREDIENTS

- 1 Ocean Mist Farms cardone, prepared & cut in half
- Vegetable oil, for frying
- 1/2 cup all-purpose flour
- 2 large eggs, lightly beaten
- 2 Tbsp. water
- 1/2 cup Parmesan



BRING

Prepared cardone and salt to a boil in a 6-quart pot filled with water. Reduce to simmer and cook uncovered until tender, about 25 minutes. Drain and cool cardone for 5 minutes, then pat dry.



FILL

A 5-quart dutch oven with 1-1/2 inches vegetable oil. Heat to 350° F.



COMBINE

Flour and pepper together in a shallow bowl.



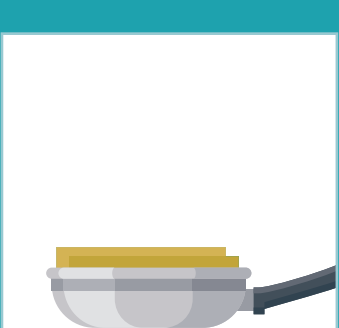
WHISK

Together eggs, water, and cheese in another shallow bowl.



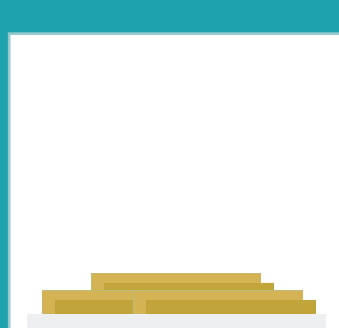
DIP

Each cardone piece in the flour mixture, egg mixture, then flour mixture once again. Shake off excess batter and place on dish until ready to fry.



FRY

Cardone pieces in batches for 2-4 minutes until golden brown. Ensure oil stays at 360° F between batches.



DRAIN

On fresh paper towels before serving.