Fresh Vegetable

GREEN CHICORY



Ref: CHI-04

Italian name: Cicoria da Taglio

Weight order: 3 kg

Description: It has dense toothlike and architectual leaves that envelop their abstract asparagus-like stems growing erectly from their connected base. The Chicory's coloring is true of many chicories, vivid deep green contrasting with snow whites throughout its leaves and stems. The texture is succulent and the flavor, unforgettably and unforgivingly bitter, an acquired and appreciated taste that mellows with a simple water bath or cooking. It is also is rich in beta carotene, vitamin C, iron and calcium.

Season: Winter

Serving suggestion: Use the vegetable fresh and raw in salads. It works well gently braised or sautéed with light seasoning with garlic and olive oil. Prepare and cook stalks like asparagus.

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