Fresh Vegetable

CHICORY SPROUT



Ref: PUN-01

Italian name: Puntarelle romane

Weight order: 6-7 kg

Description: Puntarelle Romane or Chicory Sprout are as the name implies traditionally a Roman vegetable from the chicory family; from there comes their deliciously bitter, fresh flavour. Examining a head of puntarelle, it looks green and leafy. But start to pry apart the outer leaves and you'll soon find the pale green, crunchy center that sets this vegetable apart. The core of the vegetable grows into multiple pointy spears, that are almost asparagus like at the tips.

Season: Winter-Spring

Serving suggestion: Try them in Puntarelle Roman salad: crispy, deliciously bitter curls of tender young puntarelle shoots tossed with a dressing of anchovies, garlic, salt, freshly ground pepper vinegar and olive oil.

ELLERMANN TRADING LIMITED
http://www.ellermann.hk info@ellermann.hk Tel +852 3187 7488 Fax +852 3421 2262
603 Shun Kwong Commercial Building, 8 Des Voeux Road West, Sheung Wan, Hong Kong