

## NINO'S MARKET FRESH PRODUCE RECIPE



### Cardone & Potato Casserole



Makes Approximately 6 to 8 Servings

Also known as edible thistle, cardoon, cardi, or cardoni, this silvery, green colored vegetable looks like flat celery stalks and has a flavor resembling an artichoke, salsify and celery (only a little more bitter). It is traditionally grown and served in the Mediterranean regions of Europe, where it is sautéed, deep fried, baked, or steamed for salads, as a side dish, or in main dishes. The head and large leaves of the Cardone are removed before the stalks are prepared for display in our market. Cardone stalks should be soaked in salted water prior to preparation to soften its flavor and reduce its noticeable after taste. Cardone can generally be found from early winter to early spring in well-stocked produce markets.

8-10 stalks	Cardone	1 cup	Sliced Onions
2-3 medium	Yukon Gold Potatoes	1 pint	Heavy Cream
8 oz.	Parmesan Cheese, grated	To taste	Salt & Pepper
2 Tbsp.	Butter		

**Method:** Simmer the cardone stalks in water that has a splash of vinegar or lemon juice until medium tender. (You can peel them if you like but it isn't necessary.) Cut the cooked cardone stalks in ¼ inch crescents, across the grain, like you would celery. Peel the potatoes. Cut the potatoes into sticks (like a French fry). Sauté the onions in the butter until just tender. Combine onions, cardone, and potatoes directly in an oven proof baking dish. Reserve a handful of the cheese for the top and toss the rest of the cheese with the cardone, potato, onion mixture. Add the pint of cream (or ½ & ½) and season with salt and pepper. Bake in a 425° oven 40 minutes or so or until golden brown and the potatoes are cooked and tender all the way through.

Visit [www.ninosalvaggio.com](http://www.ninosalvaggio.com) for many more delicious recipes.

©Nino Salvaggio Marketplace 2007