

# Everyone Eats

Cultural Community Garden

# CARDOONS

Cardoons are a fast-growing vegetable characterized by their thick, fibrous stalk. They look like celery but have a taste and texture that is more similar to artichokes – both of which are in the same family as lettuce, endives, chamomile, echinacea, and dandelion. While cardoons are native to Northwest Africa, they were introduced into Mediterranean regions in ancient

times and became a popular ingredient across Europe up until the 18th century. While not as commonly utilized in modern day, they are still a traditional vegetable in certain regions of Italy, Spain, and France. In Portugal, cheesemakers use natural enzymes derived from cardoons to coagulate milk into cheese.

## BENEFITS

- Fiber
- Folate
- Magnesium
- Potassium
- Manganese
- Copper

## HOW TO STORE

Wrap cardoons in a damp paper towel and store in a plastic bag in the refrigerator for up to one week. They can also be peeled and boiled and then frozen.

## HOW TO PREPARE

Due to sharp thorns and thick peels, wear gloves and peel them with a paring knife or peeler. Boil them for at least 20–30 mins. to soften and reduce bitterness. They can then be baked, braised, sautéed, fried, added to soups. Like artichokes, cardoons pair well with cream, cheese, citrus, meat.



## WHERE TO FIND

- St. Mary's Episcopal Church – 3055 Main Street, Barnstable
- Marina F. Andrews Community Garden at Tony Andrews Farm – Berry Patch Lane, East Falmouth
- Faith Assembly of God – 154 Bearses Way, Hyannis
- Canaan Seventh-Day Adventist Church – 204 Route 28, West Yarmouth



## **Bagna Cauda**

**Serves: 8**

**Time: 1 hour**

### **Ingredients**

- **3 lb. cardoons**
- **Juice of 3 lemons**
- **1/2 cup butter**
- **10 cloves garlic, peeled and thinly sliced**
- **24 oil-packed anchovies, chopped**
- **2 cups extra-virgin olive oil**
- **Salt and freshly ground black pepper**
- **Assorted raw vegetables such as fennel, baby artichokes, endive, and radicchio**

### **Instructions**

- 1. Separate cardoons into stalks, then thoroughly rinse and trim of all thorns and leaves.**
- 2. Cut off the indigestible stringy fibers with a vegetable peeler and cut into 1 1/2" -2" pieces.**
- 3. Rub with lemon and set aside in acidulated water to prevent discoloration.**
- 4. Place in a pot of salted water with the lemon juice. Bring to a simmer over medium-high heat and cook until cardoons are tender, about 30 minutes. Drain, cool, and dry with paper towels.**
- 5. For the "hot bath", melt butter in a small saucepan over low heat. Add garlic and cook until garlic softens, about 3 minutes. Add anchovies and drizzle in olive oil. Cook over low heat, stirring until flavors are blended, 10-15 minutes. Season with salt and pepper and keep warm.**
- 6. Serve with raw vegetables —and of course with the cardoons if you wish.**

Source: <https://www.saveur.com/article/Recipes/Bagna-Cauda/>

## **Beef and Cardoon Tajine**

**Serves: 8**

**Time: 1 hour**

### **Ingredients**

- 1.5 pounds of beef short ribs (you can also use lamb instead)
- 1 large onion, grated
- 3 garlic cloves, crushed
- 2 1/2 tablespoons of olive oil
- 1 tsp of salt
- 1/4 tsp of pepper
- 1/4 teaspoon of turmeric powder
- 1/2 teaspoon of ginger
- A large pinch of saffron
- 1 large bunch of cardoons
- Lemons
- Water
- Optional: preserved lemon



### **Instructions**

#### **Cleaning the Cardoon**

1. Remove the leaves at the top of the cardoon.
2. Cut the base of the cardoon to separate the stalks.
3. Peel the top of the stalk to remove the strings.
4. The inside of the cardoon stalk also has a thin skin that needs to be removed. First, cut the stalk into pieces about three or four inches, then remove the inter thin skin with the tip of the knife.
5. Place the cleaned pieces in a bowl containing cold water and immediately squeeze lemon juice over them otherwise they will turn brown. Throw in the piece of lemon in the water as well.

#### **Cooking the Meat**

1. On medium heat, drizzle the olive oil in your pot. Add the onion, garlic, meat and spices.
2. Cover the pot and let the meat cook for the next 10 min. Stir from time to time.
3. After 10 min, add the cleaned cardoon (drained from the lemon-water) to the meat.
4. Cover the meat and cardoon with water (5 cups), cover your pot, and let the meat/cardoon cook on high heat until the water starts boiling.
5. Once the sauce starts boiling, reduce the heat to medium-high and let the cardoon and meat cook until done (approximately 1 hour and 45 minutes).
6. Check on the meat/cardoon from time to time and add water as necessary – the meat should be cooking in a sauce at all times, you don't want it to be dry or too watery.

#### **Final Steps**

1. After 1 hour and 45 minutes of cooking the meat / cardoon, you can add the preserved lemon pre-washed in water (to remove the saltiness) and cut it into quarters.
2. Taste the sauce and adjust the spices accordingly.
3. Uncover the pot, and let the tajine simmer on low heat for another 15 minutes for the sauce to thicken.

#### **Serving the Tajine**

1. To serve this dish, first place the meat on the plate, cover it with the cardoons, then pour the sauce on top.
2. Serve with Moroccan bread or French baguette.

Source: [https://www.cookingwithalia.com/tajine-of-beef-and-cardoon-kharchouf/?fbclid=IwAR052m5RD2FVSZL84btrO1KNT01xBmg9-zPVP99irQOv51Y\\_WERlh9wmgx18](https://www.cookingwithalia.com/tajine-of-beef-and-cardoon-kharchouf/?fbclid=IwAR052m5RD2FVSZL84btrO1KNT01xBmg9-zPVP99irQOv51Y_WERlh9wmgx18)

## Cardoon Salad

**Serves: 4**

**Time: 1 hour 20 minutes**

### Ingredients

- 1 stalk cardoon
- ¼ cup Italian parsley, finely chopped
- 1 Meyer lemon, juiced
- 2 cloves of garlic chopped
- ⅓ cup olive oil
- Pecorino cheese for garnish
- Salt & pepper to taste



### Instructions

1. Clean the cardoon and remove outer skin with a damp towel. Place the clean cardoon in acidulated water (water with lemon juice) to keep from browning. Slice the cardoon into 1 inch pieces.
2. Blanch the cardoon pieces in a pot of salted boiling water until tender. Strain the cardoons under running cold water. Place cardoons in iced water to stop the cooking process. When the cardoons have cooled, strain from iced water and drain for at least 30 minutes.
3. Mix together parsley, lemon juice, garlic & olive oil & marinate cardoons for 20 minutes. Plate & garnish with Pecorino cheese.

Source: <https://cuesa.org/recipe/cardoon-salad>

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