

The Chicories: Endive, Radicchio, and Escarole

Native to the East Indies, endive and escarole were introduced into Egypt and Greece at a very early period. Escarole and endive are very high in vitamin A, and work very well in ridding the body of infections. They are both high in iron and potassium and are alkaline in reaction. Radicchio, according to an Italian study, was found to be one of the vegetables having the highest anti-oxidant content - rivaling blueberries!



Radicchio

TIPS:

Short-term Storage: See lettuce

Long-term Storage: Will not store long term

General Cooking Info: Cooking slightly will reduce bitter flavors. Bitter green salads are usually accompanied by salty dressings or other ingredients. Salt will balance the bitterness and it actually suppresses our perception of bitterness!

Growing info: We are just experimenting with growing these crops right now. They are best grown in the cool seasons. We'll be growing them for fall harvesting this year.



A head of Escarole

Fall Salad with Cranberry Vinaigrette

1/2 cup cider vinegar
 1/4 cup cranberries
 1/4 cup olive oil
 2 teaspoons white sugar
 1/8 teaspoon kosher salt
 1 pinch freshly ground black pepper
 2 heads romaine lettuce - rinsed, dried, and torn into bite-size pieces
 2 medium heads Belgian endive - washed, dried and chopped
 2 red Anjou pears
 1/2 cup toasted walnuts, chopped
 1/2 cup crumbled Gorgonzola cheese

In a saucepan, combine vinegar and cranberries. Cook over medium heat until cranberries soften. Remove from heat; add olive oil, sugar, salt and pepper. Place in blender and mix until smooth. Refrigerate until chilled.

Core and julienne one pear, core and dice the other.

In a large bowl, combine the Romaine lettuce, endive, diced pears, walnuts and Gorgonzola. Toss and drizzle with enough dressing to coat.

Divide among salad plates and garnish with julienned pear. Top with any additional walnuts as well.

from Allrecipes

White Beans with Bacon and Endive

Team this hearty side dish with a pork or chicken entrée, or just add some crusty bread and make a meal out of it.

8 slices bacon, coarsely chopped

1 medium onion, chopped
 1 1 1/4- to 1 1/2-pound head curly endive, rinsed, leaves torn coarsely
 2 large garlic cloves, chopped
 2 15-ounce cans cannellini (white kidney beans), drained well
 1/3 cup canned beef broth

Cook bacon in heavy large pot over medium-high heat until brown and crisp. Using slotted spoon, transfer bacon to paper towels and drain. Set bacon aside. Add onion to drippings in pot and sauté until beginning to soften, about 4 minutes. Add half of endive with water still clinging to leaves. Cover pot and cook until endive is wilted, stirring once, about 4 minutes. Add remaining half of endive and chopped garlic. Cover and cook until endive leaves are wilted but still bright green, stirring once, about 4 minutes. Add cannellini, beef broth, and bacon. Cook bean mixture until heated through, stirring often, about 5 minutes. Season to taste with salt and pepper.

from www.epicurious.com

Escarole and Pine Nuts

1 head escarole, about 1 1/4 to 1 1/2 pounds
 4 tablespoons extra-virgin olive oil
 2 cloves garlic, thinly sliced
 2 tablespoons pine nuts

Directions
 Bring 3 quarts water to a rolling boil. Separate the escarole leaves and rinse thoroughly. Drop leaves into the boiling water and boil, covered, until tender, about 35 minutes

When the escarole is tender, drain thoroughly and let dry. In a 12 to 14-inch saute pan, heat the olive oil until hot but not smoking. Roughly

chop the escarole. Add the garlic to the hot pan and saute until the garlic begins to soften and turn a light golden brown, about 5 minutes. Add the pine nuts and cook until the nuts are lightly toasted, about 2 minutes. Add the escarole and stir until well-cooked and very soft, about 5 minutes. Remove from the heat and serve immediately as a side dish (contorni) or allow to cool to room temperature to use in another recipe.

from Mario Batali

Braised Escarole with Garlic and Lemon

1 head escarole, about 1 pound
 1/4 cup extra-virgin olive oil
 1 tablespoon unsalted butter
 4 garlic cloves, sliced
 1/2 teaspoon red pepper flakes
 2 bay leaves
 1/2 lemon, cut in thin slices
 2 cups water or chicken broth
 Pinch sugar
 Kosher salt and freshly ground black pepper

Break off the leaves of the escarole and wash them individually, taking care to remove any soil at the base of the stems. Shake the leaves dry, stack them up, and slice the escarole crosswise into ribbons about 1 1/2-inches wide.

Place a large deep skillet over medium heat and add the olive oil and butter. Toss in the garlic, red pepper flakes, bay leaves, and lemon slices; cook and stir for a couple of minutes, tossing to combine. Nestle the escarole into

the pan and saute until it begins to wilt and shrink down, about 2 minutes. Sprinkle the escarole with a pinch of sugar and season with salt and pepper. Pour in the water and cover the pan. Simmer for 20 minutes until the escarole is tender.

from Tyler Florence

Escarole Soup

1 tablespoon olive oil
 2 pounds bulk Italian sausage
 2 (32 ounce) cartons chicken broth
 2 (15 ounce) cans cannellini beans, rinsed and drained
 1 head escarole, chopped
 1 (15 ounce) can tomato sauce

1. Heat the olive oil in a stockpot over medium heat. Cook the sausage in the oil until evenly browned, 5 to 10 minutes. Add the chicken broth, beans, escarole, and tomato sauce; simmer another 15 to 20 minutes.

from Allrecipes.com

Grilled Radicchio Salad

here's the cool thing, radicchio is outstanding grilled. Something about the grilling on high heat transforms the bitterness and turns it even a little nutty. I didn't believe it until I tried it. So good! Quarter the radicchio heads, coat them with olive oil and sprinkle with salt, grill them until lightly charred all over. Chop them into salad sized pieces, toss them with dressing, and sprinkle on a little grated Parm or Pecorino and you're there.

2 heads of radicchio, quartered, so that each quarter has a bit of the stem end holding it together

1/2 cup olive oil, plus more to coat radicchio

1/4 cup balsamic vinegar

1 teaspoon salt

3 chopped garlic cloves

1/2 teaspoon mustard

Salt and black pepper

Pecorino or parmesan cheese for garnish

1 Make the dressing. Put the salt, garlic, mustard and balsamic vinegar into a food processor or blender and pulse to combine. With the motor running, drizzle in the olive oil slowly until the dressing comes together.

2 Prepare your grill for high, direct heat.

3 Coat quartered radicchio with olive oil and sprinkle with salt.

4 Grill the radicchio over high heat, uncovered. Keep an eye on them, as they blacken quickly. You want a little blackening, but not a cinder. When they're done, move to a bowl and bring inside to chop.

5 Chop the radicchio quarters into bite-sized pieces and toss with the dressing and some black pepper. Serve hot or at room temperature, garnished with grated pecorino or parmesan cheese.

Yield: Serves 4 to 6 from *Simplyrecipes.com*

Catalan-Style Radicchio and White Beans

For the beans:

6 ounces (about 1 cup) dried cannellini beans,

1 clove garlic

1 sprig fresh thyme

1 to 2 vegetable bouillon cubes

For the radicchio:

3 tablespoons olive oil

1 head radicchio, stem and core removed, leaves cut or torn into 1 1/2 inch squares

1/8 teaspoon crushed red pepper flakes

salt and freshly ground black pepper

1 clove garlic, minced

1 tablespoon minced fresh parsley

Cracked black pepper, for garnish.

1. For the beans: Place the beans in a bowl and add cold water to cover by two inches. Allow to soak overnight. The next day, drain, rinse with cold water, and drain again.

2. In a medium pot, combine the beans, garlic, thyme, and cold water to cover by 2 inches. Place over high heat to bring to a boil. Reduce heat to medium, and simmer until tender, 25 to 45 minutes; do not salt the water. When the beans are tender, add 1 to 2 bouillon cubes, to taste, and cook 5 minutes more; the liquid should be slightly salted. Drain the beans, reserving the liquid; discard

garlic and thyme. Set beans and reserved liquid aside.

3. For the radicchio: In a large skillet over medium heat, heat 2 tablespoons of the oil. Add radicchio, turning to coat with oil. Add pepper flakes, and season with salt and pepper to taste. Cook, stirring occasionally, until tender, 7 to 10 minutes. Remove from heat and set aside.

4. In a separate skillet over medium heat, add remaining 1 tablespoon olive oil. Add garlic, and sauté until lightly browned, about 2 minutes. Add beans and 2 cups of the reserved cooking liquid. Simmer until the liquid becomes somewhat creamy, 5 to 10 minutes. Add radicchio and parsley, and simmer 10 minutes more, adding more of the reserved cooking liquid if the mixture seems too thick. Serve in bowls, garnished with a sprinkling of cracked black pepper.

from Jonatan Leiva, Executive Chef

Baked Radicchio and Mozzarella Pasta

The next time you think of bringing lasagne or another noodle casserole to a potluck, try this recipe instead. It softens radicchio's bitterness by baking it in a cream sauce; plus the gooey, browned bits of mozzarella are hard to resist. This dish is hearty enough to be a whole meal, but it also makes a great accompaniment to a roast or a large green salad with a slightly acidic vinaigrette (to balance the robustness of the pasta).

If you want to increase the bitter flavor of the dish, use more of the white ribs and core of the radicchio. If you want a sweeter flavor, use mostly the purple parts.

2 tablespoons unsalted butter (1/4 stick)

2 medium garlic cloves, minced

1 medium white onion, small dice (about 1 cup)

7 medium Roma tomatoes (about 2 pounds), cored and coarsely chopped

3 heads Treviso radicchio (about 4 cups), ends trimmed and sliced crosswise into 1/2-inch strips

1/2 cup heavy cream

1 pound penne rigate or ziti pasta

8 ounces fresh mozzarella, small dice (about 1 1/2 cups)

1/2 cup finely grated Parmigiano-Reggiano

Heat the oven to 400°F and arrange a rack in the upper third. Bring a large pot of salted water to a boil over high heat.

Melt butter in a medium saucepan over medium heat. When it foams, add garlic and onion, season well with salt, and cook until onion is translucent, about 4 minutes. Add tomatoes and let simmer until slightly reduced and thickened, about 10 minutes. Add radicchio and cream and cook until radicchio is wilted, about 5 minutes. Taste and adjust seasoning as necessary.

Meanwhile, cook pasta in the salted water for about half the time recommended on the packaging and drain. (Do not rinse.) Set aside.

Once the sauce has finished simmering, combine it with the half-

cooked pasta and mix until the pasta is evenly coated. Place the pasta mixture in a 13-by-9-inch baking dish and sprinkle the mozzarella and Parmigiano over top. Place in the oven and bake until the mixture is bubbling, the pasta is al dente, and the top is golden brown, about 20 minutes.

from Chow.com