

Fresh Vegetable

GREEN WILD CHICORY



Ref: CHI-05

Italian name: Cicori di campo selvatica

Weight order: 3 kg

Description: The wild chicory is very bitter and has short stems that are formed of green jagged leaves similar to dandelion. It is eaten as a salad vegetable when young and tender. Their bitterness is appreciated in certain cuisines, such as in the Liguria and Puglia regions of Italy.

Season: all year round

Serving suggestion: In the Puglian region wild chicory leaves are combined with fava bean puree in the traditional local dish *Fave e Cicorie Selvatiche*. By cooking and discarding the water the bitterness is reduced, after which the chicory leaves may be sautéed with garlic, anchovies and other ingredients. In this form the resulting greens might be combined with pasta or accompany meat dishes.