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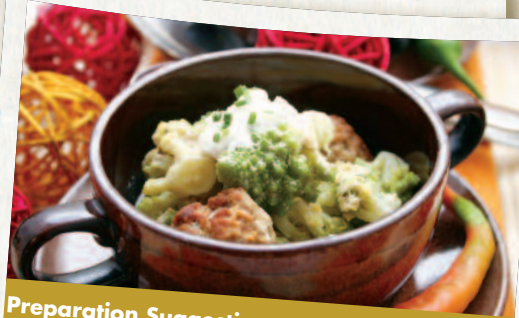
Romanesco

Contact your local supplier to order our finest in Italian specialties.



ROMANESCO

Striking in appearance with its green radiating florets, Romanesco has been a star in Italian kitchens for hundreds of years. Also known as Romanesco Broccoli or Roman Cauliflower, it is an heirloom cauliflower native to the Mediterranean coast. Like broccoli and cauliflower, with florets attached to a stalk, Romanesco shares a similar flavor with its two cousins, though with a milder, nutty flavor.



Preparation Suggestions

While Romanesco can be easily swapped for either broccoli or cauliflower in recipes, there is no substitute for its beauty and chefs have been creating dishes that showcase its uniqueness. Romanesco can be eaten raw, blanched, steamed, roasted, sautéed or dressed in olive oil and lemon zest and red pepper flakes. Try complimenting a subtle, creamy Alfredo sauce with Romanesco, basil and tomatoes.

Storage/Shelf-Life

Keep Romanesco in a tightly sealed bag or in the crisper section of the refrigerator. It will stay fresh for up to five days.

Size/Style	Case/Pallet	Case Cube (L x W x H inches)	Ti	Hi	Net Weight
8ct Place Pack	64	20 x 12 x 9	8	8	15

Nutrition Facts		Amount per serving		% Daily Value*
Serving Size:	¾ cup (28g)	Total Fat	0g	0%
Calories	10	Sodium	25g	1%
Fat Cal.	0	Total Carb.	1g	0%
*Percent Daily Values are based on a 2,000 calorie diet. Not a significant source of Saturated Fat, Trans Fat, Cholesterol, Fiber, Vitamin A and Calcium.		Dietary Fiber	1g	4%
		Protein	1g	
		Vitamin A 2% • Vitamin C 0% • Calcium 0% • Iron 0%		