



Cardone

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About Cardone

Available: March - April, November - January

Also known as: Cardoon

Characteristics: Cardone's appearance looks like giant stocks of celery, however it's a relative of the artichoke plant, and both have a similar flavor profile. Like artichokes, Cardone must be cooked before used in a recipe, and should be de-ribbed, washed and boiled to soften it. Once prepped and cooked, the stalks can be fried, boiled, or sautéed.

Preparation Suggestions

Rinse the stalks well, trim the ends and remove the ribs (strings) from the big stalks. You can do this by using a knife or peeler. Discard any discolored outer stalks. Remove any of the small leaves that run up the center of the stalks. Slice into 1- to 2-inch lengths.

To help remove the slightly bitter aftertaste, you can soak your Cardone pieces in salted water with a little lemon for an hour before cooking. Drain well; rinse. Finally, to soften Cardone, boil it in a pot for about 15- 20 minutes.

Storage/Shelf-Life

Place Cardone in the crisper of your refrigerator wrapped in plastic. It should last about five to seven days in the refrigerator.

Style / Case	Case / Pallet	Case Cube	Ti	Hi	Net Weight
Cardone ½ pack	64	20 x 12 x 9"	8	8	19 lbs
Cardone Bulk	42	20 x 13 x 13.5"	7	6	40 lbs