

Chicories: Endive, Escarole, Radicchio

In the same way that a squeeze of lemon can bring a dish to life, these snappy greens will accent whatever milder or sweeter ingredients they are mixed with, adding an exciting complexity and depth to the flavors. When chicories are cooked, they reveal a softer side, becoming tender and surprisingly sweet.

STORAGE

Keep unwashed chicories in a perforated plastic bag in the refrigerator's vegetable bin for up to a week.

Roasted Radicchio with Gorgonzola and Balsamic Vinegar

Roasting brings out a concentrated, natural sweetness in radicchio. This dish is unusual, elegant, simple—and delicious. Served on a bed of risotto, it makes an attractive meal. If you're not a Gorgonzola fan, this is equally delicious with Brie, Swiss, aged Cheddar, or smoked Gouda. You can substitute lemon juice for the balsamic vinegar. *Friend of the Farm.*

Serves 4

- 1 medium head radicchio, cut into 2-inch wedges
- 1/4 cup olive oil
- salt
- freshly ground black pepper
- balsamic vinegar
- 4–6 ounces Gorgonzola (or other cheese), sliced



1. Preheat the oven to 400° F. Lightly oil a 2-quart baking dish.
2. Using a pastry brush, brush the radicchio generously with olive oil and place in a single layer in the baking dish. Season with salt and pepper.
3. Bake the radicchio for 20 minutes, turning wedges over once mid-way through cooking. Drizzle with balsamic vinegar and top with cheese. Return to the oven until cheese is melted, about 5 minutes.

A Shareholder

I work on a cardiac unit in the hospital here, and I brought our busy report session to a halt on Wednesday by going on and on about how buoyed I was that morning knowing my first box was on its way. We all started talking about cooking from scratch and the joy of fresh, unpoisoned veggies.

We were dragged back soon to the realities of our urgency-ridden surroundings, but we had all enjoyed the earthy time of nourishment that we had talking about Angelic Organics.

HANDLING

Since chicory leaves bruise where cut, prepare them as close to serving time as possible. Slice endive and escarole at the base with a sharp knife and let the leaves fall open, and wash in a large basin of cold water, being sure to thoroughly clean the base of the leaves. For radicchio, discard any old or limp outer leaves and wash the head thoroughly in cold water. Drain or dry the chicory and cut it according to your recipe.

Overheard

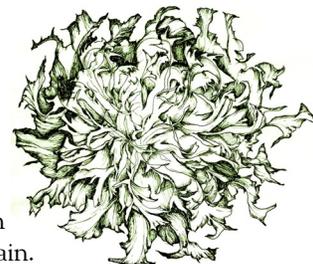
I know almost nothing about chicories. Almost nothing. I like cookies, and chicories are not cookies.

Steamed Chicory with Pine Nuts and Raisins

This lovely, simple recipe accentuates the bittersweet taste of cooked chicory by pairing it with fruits and nuts. Make a pretty variation by substituting dried cranberries for the raisins and slivered almonds for the pine nuts. Or try chopped dried apricots (use unsulfured for a deeper flavor) and toasted chopped pecans or walnuts. *Friend of the Farm.*

Serves 4

- 3 tablespoons raisins
- 1 pound chicories, such as endive, escarole, or radicchio, leaves separated but left whole (if you're using radicchio, simply cut it into quarters)
- 1/4 cup extra virgin olive oil
- 2 cloves garlic, peeled, thinly sliced
- 3 tablespoons pine nuts
- salt
- freshly ground black pepper



1. Put the raisins in a bowl and cover with boiling water. Set aside to plump, then drain.
2. Put the chicory in a steamer basket, set over 1 1/2 inches boiling water, and cover. Steam just until wilted, 2 to 4 minutes. Transfer the greens to a colander to drain.
3. Heat the oil in a large skillet over medium-high heat. Add the garlic and pine nuts and cook, stirring constantly, until the pine nuts begin to brown in spots, about 3 minutes.
4. Give the greens a few chops on a cutting board, then add them to the skillet and stir until the greens are well coated with the oil. Remove from heat and stir in the raisins. Season with salt and pepper to taste.



Excerpted from *Farmer John's Cookbook: The Real Dirt On Vegetables: Seasonal Recipes and Stories from a Community Supported Farm* by Farmer John Peterson & Angelic Organics (Gibbs Smith Publisher). Check with your local farm or bookstore for availability. Additional recipes, charts, individual copies of this book, and quantity discounts available at www.AngelicOrganics.com/cookbook.

