



Cardoon Custard--Sformato di Cardi

READY IN



45 min.

SERVINGS



8

CALORIES



341 kcal

Ingredients

- 0.5 cup bread crumbs fresh toasted
- 5 tablespoons butter
- 8 servings butter for the mold
- 4 eggs plus 3 yolks
- 4 tablespoons flour
- 3 cups milk
- 0.5 teaspoon nutmeg freshly grated
- 8 servings nutmeg freshly grated
- 4 tablespoons olive oil extra-virgin
- 0.3 cup parmigiano-reggiano freshly grated

- 1 medium onion red cut into 1/4-inch dice
- 0.5 cup ricotta
- 2 teaspoons salt
- 5 stalks cardoons
- 5 stalks cardoons

Equipment

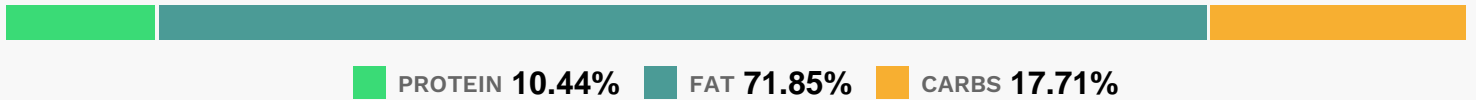
- frying pan
- sauce pan
- oven
- knife
- whisk
- mixing bowl
- toothpicks
- roasting pan
- kugelhopf pan

Directions

- Bring 6 quarts water to a boil and add 2 tablespoons salt. Peel the fibrous part off the stalks of cardoons and cut each stalk on the bias into pieces 1/4-inch thick. Drop the pieces into the boiling water and cook 15 minutes, until tender.
- Drain and allow the pieces to cool. Preheat oven to 350 degrees F.
- In a 12 to 14-inch saute pan, heat the oil over medium heat until smoking.
- Add the onion and cook 7 to 9 minutes, until soft and light golden brown.
- Add the cooked cardoon pieces and cook until very soft, about 10 more minutes.
- Remove from the heat and cool.
- Place cool cardoon mixture into a mixing bowl and add besciamela, eggs and yolks, ricotta, and 1/4 cup Parmigiano and season with nutmeg, salt and pepper. Butter a bundt cake pan and sprinkle with breadcrumbs to coat.
- Pour the cardoon mixture into the prepared pan and place it in a roasting pan.

- Pour cool water into the roasting pan to come up 3 inches on the side of the bundt pan, and place it in the oven. Cook 1 hour, until sformato is just cooked through, then remove.
- The sformato is cooked when a toothpick poked into the center exits clean. Allow to rest 15 minutes before edging with a thin knife and turning out onto a plate.
- Sprinkle with toasted bread crumbs and remaining grated cheese before serving warm.
- In a medium saucepan, heat butter until melted.
- Add flour and stir until smooth. Over medium heat, cook until light golden brown, about 6 to 7 minutes. Meanwhile, heat milk in separate pan until just about to boil.
- Add milk to butter mixture 1 cup at a time, whisking continuously until very smooth and bring to a boil. Cook 10 minutes and remove from heat. Season with salt and nutmeg and set aside.

Nutrition Facts



Properties

Glycemic Index:54.25, Glycemic Load:4.56, Inflammation Score:-5, Nutrition Score:9.2039130666982%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 340.54kcal (17.03%), Fat: 27.46g (42.25%), Saturated Fat: 13.04g (81.48%), Carbohydrates: 15.23g (5.08%), Net Carbohydrates: 14.15g (5.14%), Sugar: 6.14g (6.83%), Cholesterol: 147.77mg (49.26%), Sodium: 822.47mg (35.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.98g (17.95%), Calcium: 216.96mg (21.7%), Phosphorus: 200.69mg (20.07%), Selenium: 12.94µg (18.49%), Vitamin B2: 0.27mg (15.87%), Vitamin A: 717.45IU (14.35%), Vitamin B12: 0.81µg (13.45%), Vitamin B1: 0.18mg (11.96%), Vitamin E: 1.64mg (10.93%), Vitamin D: 1.54µg (10.26%), Manganese: 0.18mg (8.93%), Folate: 33.94µg (8.49%), Vitamin B5: 0.74mg (7.43%), Zinc: 1.05mg (7.03%), Vitamin B6: 0.13mg (6.35%), Potassium: 214.46mg (6.13%), Magnesium: 23.79mg (5.95%), Vitamin K: 6.25µg (5.95%), Iron: 0.97mg (5.39%), Fiber: 1.08g (4.32%), Vitamin B3: 0.84mg (4.21%), Copper: 0.06mg (3.12%), Vitamin C: 1.08mg (1.31%)