



Fried Cardoons

READY IN



60 min.

SERVINGS



8

CALORIES



360 kcal

SIDE DISH

Ingredients

- ☐ 2 large eggs lightly beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 cup parmigiano-reggiano grated
- ☐ 6 cups vegetable oil
- ☐ 2 tablespoons water
- ☐ 2.3 pounds cardoons (1 large bunch)
- ☐ 2.3 pounds cardoons (1 large bunch)

Equipment

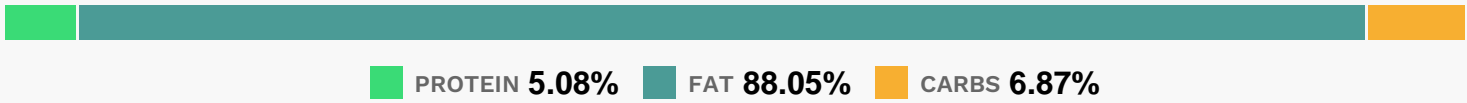
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ slotted spoon
- ☐ peeler

Directions

- ☐ Discard any discolored outer stalks and small leaves from cardoons. Trim base, tips, and outermost stalks, removing strings from stalks with a vegetable peeler (as for celery), then cut cardoons crosswise into 2-inch pieces.
- ☐ Soak cardoons in 2 quarts water with 1 tablespoon salt in a large bowl, chilled, at least 8 hours.
- ☐ Drain cardoons.
- ☐ Transfer to a 6-quart pot, then generously cover with cold water and add 2 tablespoons salt. Bring to a boil, then simmer, uncovered, until tender when pierced with a sharp knife, 20 to 25 minutes.
- ☐ Drain on several layers of paper towels and cool 5 minutes.
- ☐ Heat about 1 1/2 inches oil to 360°F in a 4- to 5-quart heavy pot over medium heat.
- ☐ Whisk together flour and 1/4 teaspoon pepper in a shallow bowl.
- ☐ Whisk together eggs, water, and cheese in another shallow bowl.
- ☐ Toss one fifth of cardoons (all at once) with flour, shaking off excess, then transfer to egg mixture and turn with a fork to coat. Lift out coated cardoons 2 at a time, letting excess drip off, then carefully drop into hot oil. When all of batch has been added, fry, turning occasionally, until golden, 2 to 4 minutes.
- ☐ Transfer with a slotted spoon to fresh paper towels to drain.
- ☐ Coat and fry remaining cardoons in 4 batches. (Return oil to 360°F between batches.) Season with salt.

· Cardoons can be soaked and boiled 1 day ahead, then chilled, covered.· Cardoons are best when fried just before serving but can be fried up to 4 hours ahead. Reheat on a baking sheet in a 350°F oven, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:4.37, Inflammation Score:-3, Nutrition Score:6.4013043356978%

Nutrients (% of daily need)

Calories: 359.88kcal (17.99%), Fat: 35.58g (54.74%), Saturated Fat: 6.42g (40.1%), Carbohydrates: 6.25g (2.08%), Net Carbohydrates: 6.04g (2.2%), Sugar: 0.12g (0.13%), Cholesterol: 50.75mg (16.92%), Sodium: 118.22mg (5.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.62g (9.23%), Vitamin K: 60.3µg (57.43%), Vitamin E: 2.82mg (18.83%), Selenium: 7.89µg (11.27%), Calcium: 82.28mg (8.23%), Phosphorus: 76.56mg (7.66%), Vitamin B2: 0.12mg (6.85%), Folate: 20.61µg (5.15%), Vitamin B1: 0.07mg (4.58%), Iron: 0.64mg (3.55%), Vitamin B12: 0.19µg (3.1%), Manganese: 0.06mg (2.9%), Zinc: 0.39mg (2.59%), Vitamin B5: 0.25mg (2.54%), Vitamin B3: 0.49mg (2.44%), Vitamin A: 116.31IU (2.33%), Vitamin D: 0.28µg (1.88%), Vitamin B6: 0.03mg (1.52%), Magnesium: 6.01mg (1.5%), Copper: 0.02mg (1.14%)