

# Endive



Endive is a bitter green that grows in small heads, similar to cabbage. It's part of the chicory family, which includes curly endive, escarole, frisee, and all radicchio (such as treviso and tardivo). Endive is very low calorie and very high in vitamin K, as well as a good source of vitamin A, folate, fiber, and minerals.

## Storage

Keep wrapped in fridge or in the crisper drawer for up to 2 weeks. Exposure to light will increase its bitterness. To refresh wilted endive, trim the base of the head and place upright in a small dish of cold water. Wash just before using. Endive does not freeze or dry well, but it can be pickled and used as a tasty side or relish.



## Cooking

Endive is great raw, grilled, or braised. When preparing for cooking, trim rough ends and remove yellowed leaves. Cut in half or quarters, leaving the base intact to keep leaves together, or use individual leaves as cups for stuffing or dipping.

## Braised Endive

Serves: 4      Total Time: 25 minutes

### Ingredients:

- 1 tbsp oil (canola or vegetable)
- ½ cup breadcrumbs
- 1 tbsp chopped fresh parsley (or 2 tsp dried)
- 3 tbsp butter, divided
- 4 heads endive, halved
- 1 cup chicken broth (preferably low-salt)
- 1 clove garlic, crushed
- 1 tsp dried thyme (or 1 sprig fresh)
- ½ tsp sugar
- ¼ tsp salt

### Directions:

1. Heat oil in a large skillet over medium heat. Add breadcrumbs and parsley, and cook, stirring, until the breadcrumbs are brown and crispy, about 2-4 minutes. Transfer to a plate; wipe out the pan.
2. Return the pan to medium heat and add butter. Add endives, cut side down, and cook until beginning to brown, about 4-5 minutes.
3. Pour in broth and add garlic, thyme, sugar, and salt. Cook, turning the endive every few minutes, until the liquid has evaporated completely and the endive is glazed, about 15 minutes total.
4. Transfer the endive to a platter. Top with breadcrumbs and serve.

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