

Cooking with

Chicory

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5 tasty chicory recipes!

Chicory soufflé

Chicory caesar salad with pancetta and eggs

Baked chicory wrapped in prosciutto

Cream of chicory soup with croutons and crispy bacon

Pan fried rib-eye with wilted chicory and blue cheese





These recipes have been created exclusively for DGM Growers by Lincolnshire chef, Rachel Green.

They're designed to provide some pointers about cooking with this delicious vegetable and to inspire you to try new flavours and ideas at home.

We'd like chard to become a frequent addition to your shopping basket, whether you're going to slice it and sling it in a stir fry, bake it whole with prosciutto and cream or liven up a leafy salad with a leaf that's got some flavour.



A salad leaf, chicory is unusual and really versatile as you can eat it cooked as well as raw.

The paler the chicory, the milder and creamier the flavour will be as it's the light that colours up the leaves and brings a bitter flavour. So keep chicory in the fridge and in the dark to help it last longer.

Chicory is grown in special dark rooms at DGM Growers in Holbeach, Lincolnshire. DGM Growers is the only commercial grower of chicory in the UK, growing red and white chicory all year round. The product is packed on site and distributed to retailers and wholesale markets for sale.

Chicory Soufflé

Ingredients

8 medium heads of chicory
Juice of 1 lemon
30g butter
30g plain flour
280ml full fat milk
3 large eggs separated
Sea salt, black pepper and nutmeg
150g grated gruyère or cheddar cheese

Method

Set the oven to 190°C or Gas Mark 5.

Butter a 1.3 litre soufflé dish or any deep dish. Trim the chicory of any damaged leaves. Cook the chicory with the lemon juice in a large pan of boiling salted water for 15 - 20 minutes or until tender.

Drain the chicory, squeeze out any excess fluid gently, then pat dry with a tea towel – then either chop very finely or whizz to a purée in a food processor.

Meanwhile, melt the butter in a pan, stir in the flour to make a roux and cook for 1 minute and then whisk in the milk. Bring to the boil and simmer for 1 - 2 minutes, add half the cheese and stir well until it has melted. Cool the sauce slightly and add the egg yolks and chicory purée. Season well with salt, black pepper and nutmeg (remember the seasoning will be diluted when the egg whites are added). Beat the egg whites until stiff and then fold into the chicory mixture.

Pour into the soufflé dish and bake in the oven for 20 minutes. To serve - sprinkle over each portion some gruyère or cheddar cheese. Serve with a huge green salad.

✓ Vegetarian
Serves 4





For the dressing:

150g low fat yoghurt
Juice of half a lemon
2 garlic cloves peeled and finely crushed to a paste
2 anchovy fillets finely chopped
1 tbsp dijon mustard
1 tbsp runny honey
30g parmesan cheese finely grated
Sea salt & ground black pepper

For the salad:

150g diced pancetta
3 large slices of rustic bread cut into 2cm cubes and 1 tbsp rapeseed oil for frying the croutons
2 heads of white chicory washed and leaves pulled apart
Half a cos lettuce washed and roughly chopped
4 eggs, hard boiled, peeled and quartered
2 tbsp of chives finely chopped
Parmesan shavings

Chicory caesar salad with pancetta & eggs

Method

Put the yoghurt, lemon juice and crushed garlic in a bowl and mix in the anchovies, dijon mustard, honey and parmesan cheese. Season with a little sea salt and freshly ground black pepper.

Pan fry the pancetta with a little rapeseed oil until golden brown, remove from heat and drain on kitchen paper. Toss the croutons in the rapeseed oil and place in a hot griddle pan. Cook until golden brown.

To assemble the salad, divide the chicory and cos lettuce leaves between four bowls, add the pancetta, croutons and eggs. Drizzle with the caesar dressing and top with the parmesan shavings and chives.

Alternatively, chicory leaves make great 'boats' for a canapé version of this dish.





Baked chicory wrapped in prosciutto

Ingredients

6 heads white chicory
2 cloves of garlic peeled and crushed
Juice of two lemons
Olive oil for cooking
125ml white wine
18 slices prosciutto (cut a little thicker than normal)
500ml double cream
150g strong cheddar or parmesan cheese (grated)
1 tbsp caster sugar
18 large chopped sage leaves
Sea salt and black pepper

Method

Preheat oven to 230°C. Place the chicory in a roasting tray with the garlic, lemon juice and white wine. Drizzle with olive oil and scatter with sugar. Cover with foil and bake for 30 minutes or until the chicory is tender. Cool the chicory and gently squeeze out the watery juices. Discard the liquid and the garlic and wrap the chicory in the ham. Return the wrapped chicory to an oven proof dish. Scatter on chopped sage leaves, pour over the cream, scatter the cheese on top and season well with the salt and black pepper. Place the tin back in the hot oven and bake for 10 – 15 minutes until the top has browned and the cream is bubbling. Serve with a fresh green salad and crusty bread.

Easy to make
Serves 3



Warm and tasty
Serves 4

Cream of chicory soup with croutons & crispy bacon

Ingredients

4 large heads of chicory (sliced)
2 medium onions (finely diced)
2 cloves of garlic (crushed)
60g butter
1 tbsp olive oil
550ml good vegetable or chicken stock
1 tsp dried thyme
Sea salt and ground white pepper
250ml double cream
Croutons, crispy bacon and chopped
parsley

Method

Heat the oil and butter in a heavy based saucepan, then add the onion, garlic and thyme and sweat the ingredients for about 3 minutes or until translucent. Then add the chicory and sweat for another 3 - 4 minutes (taking care not to colour it) or until it is beginning to turn soft. Then add the stock and seasonings and bring to the boil. Simmer for 10 - 15 minutes. Then blend the soup in a food processor, return to the pan, add the cream and warm through. When it's hot, add the garnish of the croutons, crispy bacon and chopped parsley. Serve with crusty bread.



Rich and indulgent
Serves 4

Pan fried rib-eye with wilted chicory & blue cheese

Ingredients

4 x 250g rib-eye steaks
2 large heads of chicory cut in large slices
3 tbsp olive oil
1 - 2 cloves crushed garlic
Black pepper and sea salt to season
100g crumbled blue cheese,
such as roquefort or danish blue
2 tbsp chopped parsley
2 tbsp brandy
250ml double cream

Method

Heat up a griddle pan and oil it with 1 tbsp olive oil. Season the steaks and cook until rare to medium rare. Meanwhile, take another non-stick frying pan, heat the remaining olive oil, add the garlic for 20 seconds (do not brown) then add the sliced chicory, season well with salt and black pepper. Wilt the chicory leaves very slightly and add the cream, brandy, cheese and parsley and cook for a further minute, stirring. Taste and season again. Serve this on a plate with the pan-fried steak on top. Completely delicious.

For more about chicory, our business and about the other unusual vegetables available from DGM Growers, see www.dgmgrowers.co.uk.

For more recipe ideas and vegetable information, try www.thinkvegetables.co.uk



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