



BENEFITS

Because it's so versatile!

There are many ways to enjoy this vegetable: it can be eaten raw, cooked, stuffed, sautéed, braised or gratiné. Let your culinary imagination run wild!

Because it's loyal and reliable!

Once cultivated from October to May, the endive is now available year-round thanks to the new methods of storage and hydroponic culture developed by our local farmers.



WHY EAT LOCAL?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.



ENDIVE, APPLE AND CRANBERRY SALAD

Portions: 2 to 4  10 min

Ingredients

- 4 to 5 endives, coarsely chopped
- 2 apples, finely sliced
- 45 ml (3 tbsp) dried cranberries
- 15 ml (1 tbsp) cider vinegar
- 45 ml (3 tbsp) olive oil
- 7.5 ml (1/2 tbsp) Dijon mustard
- 7.5 ml (1/2 tbsp) maple syrup

Directions

1. In a salad bowl, mix together the endives, apples and cranberries.
2. In a small bowl, combine the remaining ingredients and pour the desired quantity over the salad. Toss to combine.
3. Season to taste.

Source: Julie Strecko, RD



ENDIVE AND PEAR APPETIZER

Portions : 16 appetizers  10 min  5 to 20 min

Ingredients

- 16 whole endive leaves
- 500 ml (2 cups) chopped endives
- 500 ml (2 cups) pears, diced
- 22.5 ml (1 1/2 tbsp) non-hydrogenated margarine
- 22.5 ml (1 1/2 tbsp) maple syrup
- 10 ml (2 tsp) whole-grain mustard

Directions

1. In a frying pan, melt the margarine and add the endives and pears. Cook 5 to 10 min, stirring occasionally, until the pears are cooked to your taste.
2. Add the maple syrup and mustard. Stir and cook another 2 min.
3. Spoon a bit of this mixture into each endive leaf and serve.

Source: Julie Strecko, RD

COOKING WITH KIDS!

Let the kids spoon this tasty filling on the endive leaves.

Tip!

The endive will keep up to a week in the fridge. Whether you're eating it raw or cooked, wait until the last minute to cut it, as the edges tend to brown quickly when exposed to air. It should always be used fresh, as it doesn't freeze well.

DID YOU KNOW...?

When dried, ground and roasted, endive roots taste similar to coffee.

