



Cardoons in Tomato Sauce

(adapted from Angelo Pellegrini's recipe in his book [The Unprejudiced Palate](#))

Ingredients

- 1 head of fresh cardoons (remove the thickest outer stalks)
- 3-4 slices of bacon, 1/4 lb. lean salt pork, cut into pieces
 - 1 large clove of garlic, minced
 - 1 medium onion, minced
 - 3 sprigs of parsley, chopped
 - 1 sprig of marjoram, minced
- 1 cup of tomatoes, canned and diced
- 1 cup of stock, chicken or vegetable
 - 1/2 cup Parmigiano cheese
 - 1/2 cup bread crumbs
 - salt and pepper to taste
- 2 lemons or 1/2 cup lemon juice

Remove the hardened outer stalks of the cardoon and use the inner portion of the plant for this recipe. Prepare the cardoon stalks one at a time with a knife and/or peeler and when finished, place each piece into a bowl of water acidified with lemon juice.

To prepare the cardoons, remove the tough outer ribs on each stalk with a knife or peeler. Then scape the inner portion to remove some of the fuzziness. (This can be done with a small knife.) Slice each stalk into 2- to 3-inch pieces and toss into the large bowl of lemon water. After the cardoons are all prepared, toss them into a large pot of boiling water with a pinch of salt to scald them. Boil for several minutes and then drain and set aside.

In a large pan cook the bacon or pork pieces for several minutes until browned. Add the onion and garlic and continue to cook for 5 minutes over medium heat. Toss in the parsley and marjoram and cook slowly until the onions are done. Add the tomatoes and stock and simmer for 15 minutes. At this point add the drained cardoons and simmer for approximately 20-30 minutes longer making sure to turn the cardoons often. They will be ready when the cardoons are tender.

A few minutes before serving, sprinkle with breadcrumbs and cheese and stir.

If you'd like to make the dish more fancy drizzle lightly with truffle oil. The dish also goes very well with a roasted chicken or other simple main dish.

