

## ENDIVE

Endive is a green leafy vegetable with a slightly bitter taste, closely related to chicory (witlof). Endive which is sometimes referred to as frisee lettuce, typically have fine narrow green leaves with white stems, but come in range of types.

It is quite a versatile leaf, providing texture, taste and is decorative in salads. Predominantly endive is cooked, but can also be enjoyed raw. Enjoy this vegetable as a side dish, added to hot and cold salads or on its own.



**Curly Endive**



**Belgian Endive**

### **How to prepare**

Typically endive is available as a whole head or bunched. Remove any damaged or marked outer leaves and give a good wash then rinse. Cut off the base, or trim leaf bases, then cut into the desired length again washing and rinsing well. If cooking, prepare 300 to 400 grams per person and 100 grams per person to prepare for a salad. Endive shrinks when cooked, so don't fear you have too much in the pot or pan.

### **Endive Bake**

Place half the Endive leaves on a baking tray lined with baking paper, brush with melted butter or oil.

Top with low fat cheese and a sprinkle of nutmeg.

Bake on 200°C till brown (about 10 minutes).