

CARCIOFI ALLA CRUDAIOLA A SPICCHI



CODE	93985
COUNTRY OF ORIGIN	Italy, Apulia
WEIGHT	1600 g

Artichoke segments grown, processed and packaged in Puglia

DESCRIPTION	Small, tender and tasty artichokes of the "Violetto" variety, preserved in oil and without vinegar
APPEARANCE	Artichokes cut into wedges with firm flesh and a light green colour
TASTE	Crunchy on the palate, with the characteristic herbaceous aroma of artichoke
PRODUCER	I Contadini - Ugento (LE) - Apulia
OUR SELECTION	Cultivation begins in October, while harvesting starts in March. Processing takes place within eight hours of harvesting. These are the smallest and most prized artichoke heads, very tender; they are defoliated, trimmed by hand with a small knife and potted
CURIOSITY	Edoardo Trentin from I Contadini explains that an artichoke plant grows in the same field for three years, but only reaches full production in the last two years. After this period, the field is used for another type of crop suitable for the location of the plot, or even left uncultivated (green manure). Artichokes are rich in minerals such as phosphorus and zinc, B vitamins and fibre
SUGGESTIONS	Perfect for enriching an appetiser or cold rice alongside other Mediterranean vegetables. Also excellent on pizza. Very crunchy, they can also be sautéed in a pan to enrich a hot dish