



HOW TO BATTER & FRY

CARDONE



Serves: 4



Prep Time: 10 minutes
Cook Time: 20 minutes

INGREDIENTS

1 Ocean Mist Farms cardone, prepared & cut in half

Vegetable oil, for frying

1/2 cup all-purpose flour

2 large eggs, lightly beaten

2 Tbsp. water

1/2 cup Parmesan



BOIL

Prepared cardone and salt to a boil in a 6-quart pot filled with water. Reduce to simmer and cook uncovered until tender, about 25 minutes. Drain and cool cardone for 5 minutes, then pat dry.



HEAT

A 5-quart dutch oven with 1-1/2 inches vegetable oil. Heat to 350° F.



COMBINE

Flour and pepper together in a shallow bowl.



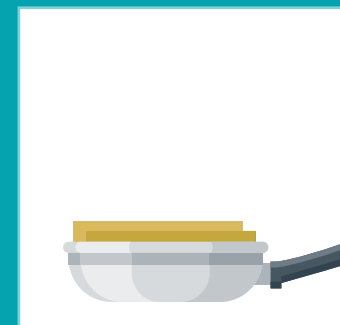
WHISK

Together eggs, water, and cheese in another shallow bowl.



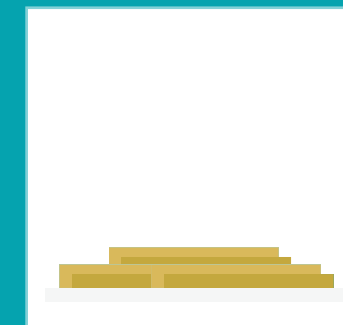
TOSS

Each cardone piece in the flour mixture, egg mixture, then flour mixture once again. Shake off excess batter and place on dish until ready to fry.



FRY

Cardone pieces in batches for 2-4 minutes until golden brown. Ensure oil stays at 360° F between batches.



DRAIN

On fresh paper towels before serving.