

## **Dad's Cardoons**

### Ingredients:

1 lg. bunch of Cardoons, juice of 1 lemon  
1 cup flour  
2 eggs, beaten with a pinch of salt  
Vegetable Oil for frying  
Seasoned Breadcrumbs (optional)\*

### Directions:

Clean the Cardoons (which to me look like pre-historic celery), removing the leaves and peeling the outer strings. Cut crosswise into 2 " pieces, and drop into a bowl of water, acidulated with lemon juice.

Bring a large pan of salted water to a boil. Drop in the cardoons and cook until tender, but firm. Drain, rinse under cold running water and dry on kitchen or paper towels.

Heat oil in a fry pan over medium to medium-high heat. Dredge the cardoons in flour, dip in egg, and fry until crisp and golden on both sides. Drain on paper towels or brown paper bags and transfer to a serving plate. You can make these 1 or 2 days before and store in the refrigerator in an air-tight container.

Serves 8 or more as an appetizer.

\*I like to dredge the cardoons in flour, egg AND breadcrumbs before frying. I think Dad would approve.