

## green2go Showcases Healthy Fall Belgian Endive Recipes

### How to prepare Belgian Endive

1. Select endives that are smooth and white with yellow tips with leaves that are closed at the tips.



2. Keep endives dry. Wipe with a paper towel or cloth if necessary.



3. Slice off about 1/8th inch from the stem end. Then, with a paring knife, cut a cone shape about 1/2-inch deep from the stem end.

### Belgian Endive and Fruit



Arrange a fruit plate with Belgian Endive leaves. Garnish with whipped cream, sherbet, sour cream, or cottage cheese.

### Scallops and Belgian Endive



*2 shallots, chopped*  
*2 garlic cloves, chopped*  
*3 tablespoons olive or vegetable oil*  
*1 pint cherry tomatoes, halved*  
*1 pinch of each thyme, marjoram, oregano, basil*  
*4 Belgian Endives, cut up*  
*1 1/2 pounds of bay scallops*  
*a splash of sherry*  
*2 tablespoons butter*  
*basil sprigs for garnish*

Saute the shallots and garlic in the oil until the shallots are translucent. Add 3 cut up Belgian Endives (reserve one for later), tomatoes, scallops, spices, sherry, and butter. Saute until the scallops are done (about five minutes) and remove from heat. Add the reserved cut up endive and stir. Serve over cooked pasta. Garnish with basil.

### Braised Belgian Endive

*8 whole heads of Belgian Endive cored*  
*2 tablespoons butter*  
*3 tablespoons lemon juice*  
*1/2 teaspoon salt*  
*1 tablespoon sugar*

Lightly saute the Belgian Endives in butter in a shallow pan, over a hot fire. Turn the Belgian Endives after one and half minutes to saute both sides. Add the other ingredients. Cover the pan and let simmer for about 25 minutes. Braised Belgian Endive enhances the taste of the accompanying main course.

### Cream of Belgium Endive Soup

*2 Belgian Endives, cored*  
*1 white onion, diced*  
*1 garlic clove, diced*  
*2 tablespoons organic butter*  
*2 large organic potatoes, peeled and diced*  
*2 cups organic chicken broth*  
*1 cup organic 2% milk or organic cream*  
*salt and pepper to taste*  
*chopped chives*  
*dill sprigs for garnish*

Mince the Belgian Endives, reserving a few small leaves for garnish. Saute the onion, garlic, and minced Belgian Endives in the butter for three minutes. Add the potatoes and chicken broth and simmer for about fifteen minutes or until the potatoes are soft. Put this in a blender or food processor and process until smooth. Add the milk, salt, and pepper and blend. Serve hot or cold. Garnish with the small Belgian Endive leaves, chives, and dill.

### Tri-Color Salad

*2 large Belgian Endives*  
*1 small head of green-leaf lettuce*  
*1 small head of red-leaf lettuce*  
*1 small bunch of watercress*  
**Dressing:**  
*2 tablespoons balsamic vinegar*  
*1/4 teaspoon pepper to taste*  
*3 tablespoons orange juice*  
*juice of one large garlic clove*  
*1 small head of red-leaf lettuce*  
*1 small bunch of watercress*  
*1/2 teaspoon salt to taste*  
*1/3 cup olive oil*  
*1 tablespoon mustard*

Combine the dressing ingredients and pour them over the bowl of cleaned salad ingredients. Toss salad and serve.

This recipe is only one version. Depending on your fantasy and taste preferences, several others are possible.

Combine Belgian Endive with raddichio, oakleaf lettuce, or red beets for the red ingredients and with arrugula, romaine lettuce, mache, or Boston lettuce for the green ingredients.

Make the Tri-Color Salad a delight for both the eye and the palate.