

Recipes



Chicory, *Cichorium intybus*

Tips:

- Chicory root can be purchased already dried, roasted and ground or prepared at home.
- Young chicory root is less bitter than older root.
- Scrub chicory root clean, (no need to peel) dry, then chop into one inch cubes and roast until golden brown. When cool, grind the root to substitute for or add to coffee.
- The ratio of ground chicory to ground coffee beans is that of personal preference.
- Wild chicory greens are edible but bitter. Combine with other greens for salads.
- Domesticated chicory varieties (endive) often have broader leaves and are less bitter. There are many different types which can be eaten raw or cooked. Cooking reduces the bitter flavor.

Chicory Salad with Lemon Thyme Vinaigrette

1 small shallot, minced
4 tablespoons fresh lemon juice
1 teaspoon fresh thyme leaves
2 tablespoons honey
¼ cup extra-virgin olive oil
Sea salt and freshly ground black pepper

4 cups chopped mixed chicory greens, washed and dried
½ Fuyu persimmon, peeled, seeded, and thinly sliced
½ cup quartered and thinly sliced watermelon radishes
1 avocado, cut into large dice
2 ounces fresh goat cheese

To make the dressing, add the shallot to a bowl with the lemon juice. Let marinate for a few minutes. Whisk in the thyme and honey, then pour in the olive oil slowly to emulsify. Season with salt and pepper to taste.

To make the salad, toss the chicory greens, persimmon, radishes, and avocado with the vinaigrette. Season with salt and pepper. Divide the salad onto four plates and garnish with goat cheese. Serves four.

Chris Aguirre, Four Seasons Hotel San Francisco
CUESA.org



Chicory Café au Lait

For each cup, add 1 teaspoon each ground Fair Trade coffee and organic roasted chicory root to coffee maker of choice and brew with water.

Meanwhile, heat milk of choice (almond, coconut, soy and rice milk are particularly tasty with this beverage) to just below scalding – little bubbles will start to form around the edge of the saucepan and the milk will be steaming, but do not allow to boil.

Add milk to coffee, stir, and enjoy! If it's not creamy and rich enough for you, consider adding a tablespoon or so of organic coconut oil, stirring to dissolve. Luscious!

Mountain Rose Herbs, HSA Business Member
Blog.mountainroseherbs.com

Coffee-Free Chicory Cacao Mocha

Heat 1 cup milk of choice until steaming and hot, but not boiling. Stir in 1 tablespoon organic roasted chicory root powder and 1 tablespoon organic roasted cacao powder. Sweeten with 1 teaspoon raw organic sugar or honey to taste, if desired. Stir to dissolve and incorporate. Pour into cups and serve.

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Blog.mountainroseherbs.com

**Do you have a recipe using chicory to share?
Please send it to Educator@herbsociety.org**