

VEGETABLES



Serving suggestion



P. Guintrand®

**CANNED
GOODS**

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VEGETABLES

CARDOON

Definition: This preserved cardoon is prepared from non-spiny varieties with naturally white and fleshy stalks (not hollow). Processing however requires blanching. Stalks are used. The stalks are pared and sliced into fine strips before being cut into sticks or squares.

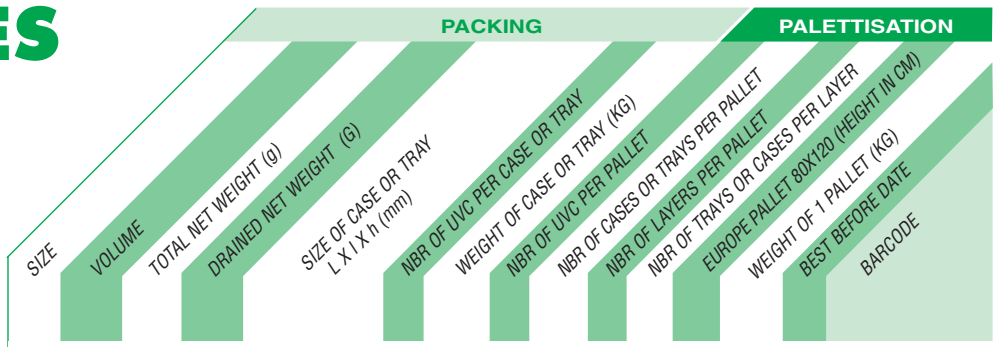
The cardoon is simply covered with covering liquid, which is slightly salted drinking water.

Origin: Lyons region

Production period: November – December

Product appearance:

- 4/4 cut = either in strips approximately 11 cm long (the height of the 4/4 can), or in fairly square pieces measuring approximately 3 or 4 cm per side. The 2 cuts are available in 4/4 cans.
- 3/1 cut and 720-ml jar: only pieces, approximately 3 or 4 cm per side.



NATURAL

Jar	720	640	430	310x233x150	9	9	864	96	8	12	136	864	4	3443547268002
3/1	2650	2500	1560	470x161x249	6	17,5	300	50	10	5	175	875	4	3443543161000
4/4	850	800	500	315x211x241	12	12	864	72	6	12	158	864	4	3443544462007

• **Color:**

- Vegetable: light color, pale yellow to grayish beige.
- Cover liquid: very light yellow, clear.
- Taste: normal, characteristic, straightforward taste of the cardoon

- Consistency: tender to soft

Ingredients: cardoon, water, salt.

Internal pressure: between -100 and -200 mb.

pH: between 5.1 and 5.2

Preparation: this recipe is a traditional Provençal preparation which is a feature of the Christmas Eve meal. Heat over a low flame, stirring carefully, or heat 3 minutes in the microwave. You can add a few black olives before serving.

ANCHOVY SAUCE

Jar	720	620	430	310x233x150	9	9	864	96	8	12	136	864	4	3443547262208
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Color: beige-gray with some dark green (parsley)

Thickness: medium thick

Savor: slight flavor of salted anchovy

Ingredients: cardoon, water, onions, olive oil, anchovy paste, flour, dairy protein, garlic, parsley, spices, salt, modified corn starch, xanthan gum, guar gum, aromatic herbs.

Internal pressure: between -100 and -300 mb.

pH: 5.50 +/- 0.30.

Preparation: heat in a covered saucepan over low flame, add grated Swiss cheese if desired, when hot. You can also heat 3 minutes in the microwave. This dish can also be placed in a buttered dish, sprinkled with more grated cheese if desired, and heated 15 to 20 minutes in an oven at 200°.

BECHAMEL SAUCE

Jar	720	620	430	310x233x150	9	9	864	96	8	12	136	864	4	3443547262109
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Color: cream

Thickness: thick to medium thick

Savor: frank and characteristic taste of Bechamel sauce, with the flavors of the butter, the Emmental cheese and the nutmeg.

Ingredients: cardoon, water, crème fraîche, butter, Emmental cheese, salt, modified corn starch, Xanthan gum (E415), guar gum (E412) citric acid, spices.

Internal pressure: between -100 and -300 mb.

pH: 5.80 +/- 0.30.

CHOPPED ONIONS

These chopped onions are prepared from peeled onions which have been fairly coarsely chopped. This purée is slightly salted and acidulated prior to canning.

This very natural product is used wherever fresh onion is called for, particularly for charcuterie preparations (such as pâtés, blood sausage, caillettes and other).

This same product comes packed "in oil ready for frying", for frying preparations. It does not stick to the pan, retains an attractive shiny appearance and can be easily used in preparing all roux-based sauces. The oil-packed onion is also used for pissaladières.

Production period: July – December

Origin: all origins

NATURAL

5/1	4250	4100		470x315x249	6	28,8	180	30	6	5	165	864	4	3443545165006
4/4	850	820		315x211x241	12	12	864	72	6	12	158	864	4	3443544465008

WITH OIL

5/1	4250	4100		470x315x249	6	28,8	180	30	6	5	165	864	4	3443545169004
4/4	850	820		315x211x241	12	12	864	72	6	12	158	864	4	3443544469006

Product appearance:

- Purée made up of fairly coarsely chopped pieces, fairly thick consistency, light color.
- Taste: normal, characteristic, straightforward taste of onion.

Ingredients:

Natural : onions, salt, citric acid (E300).

With oil : ready to fry: onions, sunflower oil (5% of total mass), salt, citric acid (E330).

Internal pressure: between -200 and -400 mb

pH: between 3.8 and 4.2

CHARACTERISTICS OF CARDOON ONLY.

Stability: Stable after 7 days incubation at 37° and 7 days at 55° on 2 different jars, preferably. A difference in pH below 0.5 units as compared to the control is observed. • Recipient impermeability is correct after steaming. • The texture, appearance and odor of the product are not modified. • There was no variation in microbial flora.

CHARACTERISTICS OF CHOPPED ONIONS ONLY

Stability: Packaging impermeability correct at steaming. • Stable after 7 days incubation at 37°. No difference in pH over 0.5 unit is observed with respect to control. • No modification of the texture, appearance and odor of the product. • No variation in microbial flora at steaming.