

ORGANIC CARDOON CURD

06-07 | SERVINGS

8 H | TIME

CONTAINS DAIRY PRODUCTS 

CONTAINS HONEY 

Ingredients

All ingredients are organic:

- 3 litres of goat's milk
- 1 or 2 grams of cardoon thistle
- Rosemary honey
- 1 sprig of flowering rosemary



Preparation

STEP 1 Soak the cardoon thistle in water.

STEP 2 Boil the milk.

STEP 3 Leave the milk to cool to approximately 37-40 °C.

STEP 4 Strain the cardoon thistle and add the liquid to the milk. Stir everything together and leave to curdle.

STEP 5 Strain the curdled milk through a gauze.

STEP 6 Having strained off the whey, beat the curd well.

STEP 7 Serve with rosemary honey. Decorate with a sprig of flowering rosemary.

Recipe by Lola Puig

RESTAURANT CA LA LOLA

Carrer de la Presó, 2
17114 Ullastret, Girona

KMO AND SLOW FOOD RESTAURANT

Local products

Restaurant Ca la Lola is committed advocates of slow food and km 0 cuisine. They only use 100% organic produce that has either been sourced locally or picked from their own garden in order to help reduce their environmental carbon footprint. Their simple cuisine is inspired by traditional Empordà dishes, such as this organic thistle rennet curd.