

Cardoon Thistle and Butia Palm Sweet and Sour Sauce

Ingredients:

5 cardoon thistle leaves (thick)
6 tablespoons pea flour
1 egg
1 beer
Salt
Pepper
Frying oil
100 g seedless Butia
1 onion
Pica pica sauce or tabasco sauce
50 ml guava vinegar
1 tablespoon brown or blonde sugar
Olive oil



Directions:

Cut the prongs of the cardoon thistle and remove the thorns. Boil them in plenty of water, with salt and juice of half a lemon plus lemon peel. When tender, strain and set aside. Prepare the mixture of pea flour, egg, and beer, until it is a semi-liquid consistency. Add pepper and salt to taste. Coat the cardoon thistle with the mixture and fry in plenty of hot oil. To prepare the sweet and sour sauce, cut the onion into medium dices, sauté them with 2 tablespoons of olive oil. Then add the fruit, a tablespoon of spicy pica pica or tabasco sauce, the guava vinegar and a tablespoon of brown or blonde sugar. Let the sauce cook for 10 minutes and then blend it. Serve the thistle with the sauce.

