

THE P. GUINTRAND JARS COLLECTION CARDOONS FROM LYON



P. Guintrand[®]
*Canned goods
in Provence since 1898*

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CARDOONS

PLAIN CARDOONS

FORMAT	PACKING				PALETTISATION									
	VOLUME (ml)	TOTAL NET WEIGHT (kg)	DRAINED NET WEIGHT (kg)	PACKAGE DIMENSIONS L x W x H (mm)	No. of CSU per PACKAGE	PACKAGE WEIGHT (kg)	No. of CSU per PALLET	No. of PACKAGES per PALLET	No. of PACKAGES per LAYER	EUR - PALLET 800x1200 (h. cm)	PALLET WEIGHT (kg)	BB date (years)	BAR CODE	
Jar	720	640	430	350x175x155	8	8	768	96	8	12	136	770	4	3443547268002

Definition: these preserves are prepared from spineless cultivars with naturally white fleshy ribs (not hollow). They are however only transformed following a necessary etiolation period to blanch the vegetable. We use the ribs (petioles or leaf stalks), which we thin out by hand before cutting them into 3 or 4 cm square pieces.

Origin: Lyon region.
Production period: November - December.
Colours:
 • vegetable: light, pale yellow to sandy beige.
 • covering liquid: very light and clear yellow.
Appearance of the vegetable: essentially 3 to 4 cm long square pieces.
Flavour: normal, straightforward flavour characteristic of the cardoon.

Consistency: tender to soft.
Ingredients: cardoons, water, salt.
Internal pressure: between -100 and -200 mb.
pH: between 5.1 and 5.2.
Stability: sterilised product.
Allergens: none.

Nutrient value /100 g: Energy KJ/Kcal: 54.6/13 Fat: 0.45 g Saturated: 0.02 g Carbohydrate: 1.5 g Sugars: 0.71 g Protein: 0.69 g Sodium: 0.680 g



CARDOON HEARTS

Jar	720	640	430	350x175x155	8	8	768	96	8	12	136	770	4	3443547268200
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Definition: these preserves, in jars only, are prepared using the crown (stem at the surface of the ground) of the cardoons used for the usual presentation. We call "crown" the part of the base to which the ribs (or petioles) are attached. This crown is cut into approximately 1 cm thick slices, perpendicular to the vertical axis of the cardoon base. These slices are from 3 to 5 cm in diameter.

Origin: Lyon region.
Production period: November - December.
Colours:
 • vegetable: light, pale yellow to sandy beige.
 • covering liquid: very light and clear yellow.
Flavour: normal, straightforward flavour characteristic of the cardoon: especially tasty.

Consistency: especially soft and tender.
Ingredients: cardoons, water, salt.
Internal pressure: between -100 and -200 mb.
pH: between 5.1 and 5.2.
Stability: sterilised product.
Allergens: none.

Nutrient value/100 g: Energy KJ/Kcal: 54.6/13 Fat: 0.45 g Saturated: 0.02 g Carbohydrate: 1.5 g Sugars: 0.71 g Protein: 0.69 g Sodium: 0.680 g



CHRISTMAS CARDOONS

Jar	720	640	-	350x175x155	8	8	768	96	8	12	136	770	4	3443547262307
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Cooking instructions: this is a traditional Provençal recipe, especially served for dinner on Christmas Eve. Heat in a saucepan over low heat, stirring gently, or in the microwave for 3 minutes. Before serving, garnish with a few black olives.

Origin of the cardoon: Lyon region.
Production period: November - December.
Appearance of the vegetable: vegetable essentially cut into 3 to 4 cm long square pieces.
Appearance of the sauce:
 • Colour: grey-brown dotted with dark green (parsley).
 • Thickness: medium thick.

• Flavour: lightly seasoned with salted anchovy.
Ingredients: cardoons, water, onions, olive oil, anchovy paste, wheat flour, garlic, parsley, modified cornstarch, spices, salt, aromatics.
Internal pressure: between -100 and -300 mb.
pH: 5.5 more or less 0.3.
Stability: sterilised product.
Allergens: anchovy paste, wheat flour.

Nutrient value/100 g: Energy KJ/Kcal: 242.8/58.3 Fat: 4.02 g Saturated: 0.61 g Carbohydrate: 4.2 g Sugars: 1.29 g Protein: 1.38 g Sodium: 0.67 g



CARDOONS IN BECHAMEL SAUCE

Jar	720	640	-	350x175x155	8	8	768	96	8	12	136	770	4	3443547262109
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Cooking instructions: heat in a covered saucepan over low heat. While still hot, add grated Gruyère cheese to taste. You can also heat in the microwave for 3 minutes. Or place in a buttered baking dish, top with grated Gruyère cheese, and bake at 200° for 15 to 20 minutes until the cheese browns.

Origin: Lyon region.
Production period: November - December.
Appearance of the vegetable: vegetable essentially cut into 3 to 4 cm square pieces.
Appearance of the sauce:
 • Colour: cream.
 • Thickness: thick to medium thick.
Flavour: straightforward flavour characteristic of Bechamel sauce with the taste of butter, Emmental

cheese, and nutmeg.
Ingredients: cardoons, water, crème fraîche, butter, Emmental cheese, modified cornstarch, salt, spices.
Internal pressure: between -100 and -300 mb.
pH: 5.8 more or less 0.3.
Stability: sterilised product.
Allergens: crème fraîche, butter, Emmental cheese.

Nutrient value /100 g: Energy KJ/Kcal: 324.8/78.4 Fat: 6.11 g Saturated: 3.6 g Carbohydrate: 3.3 g Sugars: 1.02 g Protein: 1.8 g Sodium: 0.8382 g

