RECIPE: CHRISTMAS THISTLE

INGREDIENTS:

Thistle:	1 Kg
Flour:	60 g
Milk:	150 ml
Garlic:	4 cloves
Olive oil:	2 Tablespoons
Lemon:	1 piece
Almonds	200 g
Salt	

HOW TO DO IT

- Clean the thistle deeply, take the leaves an the hard part of the stem off, also take the threads off, which appear when you cut the stems, and leave it in a basin with water and lemon juice
- Boil it in a lot of salted water till it is soft. Once cooked, drain the water off.
- Put the oil in a frying pan and fry the garlic cut into slices.
- Add the flour and, before it is gloden, add the milk little by little
- Leave it boil till you get a light bechamel sauce
- Pur the sauce on the thistle and leave them boil together for a little while.
- Serve
- You can add chopped almonds to the sauce, it will be delicious.

HISTORY:

Thistle has been eaten from the Roman times and it was considered as a luxury. Usually, it was prepared macerated with vinegar, honey and cumin.