



Carciofo alla Romana

Ingredients:

ARTICHOKES 8 cimaroli or romaneschi • 18 kcal
PARSLEY one bunch • 79 kcal
MENTUCCIA a handful
GARLIC a clove • 79 kcal
EXTRA VIRGIN OLIVE OIL 16 tablespoons + 2 to season the filling • 79 kcal
LEMON 1 • 15 kcal
SALT MARINO q.b. • 750 kcal

Preparation:

To prepare the Roman artichokes, first, wash and chop the parsley and the mint.

In a bowl together with the minced herbs, the garlic (also minced) two tablespoons of extra virgin olive oil, salt and mix well. Once you start to clean the artichokes.

Remove the darker and harder external leaves, without worrying that the artichoke is reduced much in volume.

Then cut the tip of the artichoke.

At this point you have to clean the stem. Cut it a couple of centimeters from the base of the artichoke and keep it aside. Remove all the dark green part that surrounds the tender heart inside the stem.

After having cleaned all the heads and stems, dry them lightly and pass over lemon, the juice - in fact - will prevent the artichokes from blacking during cooking.

Lightly open the heads to make room for the seasoning, salt both internally and externally and add the chopped herbs not only in the center, but also among the various leaves

It is essential, for the success of the dish, that the artichokes are then cooked in a pan with high edges upside down, one next to the other. This will ensure that the same - cooking - do not enlarge. Then put them in a pot with 16 tablespoons of extra virgin olive oil, and a finger of water (which will cover the artichokes for about a centimeter), put the stems cut into small pieces and close with the lid.

Allow to go on very low heat for about 25 minutes or otherwise until all the water has been absorbed, trying to raise the lid to check the cooking as little as possible. There are also those who cook Roman artichokes in the pressure cooker: thanks to the steam that is released, in fact, there will be a different cooking that will allow you to keep the nutrients.

Keep Cooking and Enjoying Traditional Roman Food.

Buon Appetito!

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