



Puntarelle alla Romana

Puntarelle Salad with Anchovies

Ingredients(4 people):

- A head of Puntarelle
- a large bowl of iced water
- 2 cloves of garlic
- 5 good quality salted anchovy fillets
- 2 tbsp of good red wine or balsamic vinegar
- 5 tbsp good olive oil
- a good pinch of salt
- freshly ground black pepper

Preparation:

1. Leave the puntarelle soaking in the iced water for a good hour until crisped and curly.
2. In a pestle and mortar crush the garlic into a paste with a pinch of salt.
3. In a small bowl mash the anchovies with the vinegar and stir until the anchovies have disintegrated.
4. Add the anchovies and vinegar to the garlic and add the oil. Stir well and allow to sit for 10minutes.
5. Drain the puntarelle and dry or spin it dry carefully.
6. Stir the dressing again before pouring it into the serving bowl.
7. Tip in the puntarelle curls, grind over some black pepper and toss everything together.
8. Allow the salad to sit for a few minutes before tossing again and then serving with good bread

Keep Cooking and Enjoying Traditional Roman Food.

Buon Appetito!

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