



Penne con carciofi freschi Penne with fresh artichokes

Ingredients for 4 people

- 4 small violet artichokes** trim well and keep in lemon water until needed, then halve the artichokes and slice them lengthways, into about six pieces.
- 6 tbsp olive oil** heat, fry the artichokes gently,
- 1 garlic clove, chopped** add and deglaze with
- 2 tbsp white wine** and let it evaporate. Season with
- Salt and pepper** and fry gently until they are done.
- 2 tbsp chopped parsley** add only at the very end.
- In the meantime**
- 350–400g penne** cook until just done, drain (catching a little cooking water), return them to the pan and mix with
- 6 tbsp olive oil** thoroughly.
- Fold in three quarters of the artichokes.
- Leave it covered for two minutes; if it is too dry, add a little of the cooking water.
- Spoon the remaining artichokes over the top when serving.

ARTICHOKES

There are two quite different kinds of artichoke: the big round ones with a choke inside, and the small, elongated violet ones, which have no choke when they are young enough. In the Maremma the elongated violet kind is grown; depending on the variety you find them at the market from December to June.

TRIMMING ARTICHOKES IS NOT DIFFICULT!

Cut off the top two thirds! of the thistle flower with a good knife, and the stalk as well. You can peel the stalk, chop the inside small and use it too. Then snap off the leaves all round the artichoke until the pale, tender ones appear. Rub the cut and broken surfaces with a lemon and put them into the lemon water. Done!