



Carciofi alla romana

A RECIPE BY EAT & WALK ITALY

Ingredients

- 4 Roman artichokes
- A bunch of mint
- A clove of garlic
- Fine salt
- Black pepper
- 100 ml olive oil
- 250 g water
- 1 lemon

Directions

- Cut the lemon in half.
- Fill a rather large bowl with water and squeeze the half lemon inside rubbing the remaining part on your hands, in order to avoid that they could become black during the cleaning of the artichokes.
- Take your artichokes and start removing the outer leaves by tearing them off with your hands.
- Cut the final part of the stem and the tip of your artichoke. With the hands spread the artichoke and using a small knife, or a digger, engrave also the central part so as to eliminate the internal beard.
- Peel also the stem and round off the final part using a sharp knife.

Preparing time 20 min

Cooking time 30 min

Serves 4



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Directions/II

- Place the artichoke inside the acidulous water and continue like this for the others.
- Cover with absorbent paper to keep the artichokes immersed in water, set aside and in the meantime take care of the filling.
- Take the mint, roll the leaves and cut them with a knife without crushing them too much.
- Pass the garlic, peel it, slice it first and then chop it too. Add it to the mint, add a pinch of salt, black pepper and mix together.

Directions/III

- Drain the artichokes and beat them lightly to remove the excess water, then use the mix just prepared to stuff them.
- Massage them with salt and pepper arranged on the cutting board and as they are ready transfer them upside down to a pan, keeping them rather close together.
- Then pour both the oil and the water, they must be covered up to the beginning of the stem. Cover with a lid and cook for about 30 minutes on a low heat.
- At this point they will be tender and you can serve your still hot Roman artichokes.