



VIGNAROLA

INGREDIENTS

- 250 g of shelled broad beans
- 250 g of shelled peas
- 2 Roman artichokes
(mammole)
- The juice of a lemon
- 1 fresh onion
- 1 slice of bacon half a cm
thick (about 60 g)
- Half glass of dry white wine
- 1 bunch of mint (mentuccia)
- Salt
- Extra Virgin Olive Oil
- Pepper

PREP TIME: 15 MIN
COOK TIME: 25 MIN
SERVES: 4

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[HTTPS://WWW.GREATITALIANCHEFS.COM/RECIPES/VIGNAROLA-RECIPE](https://www.greatitalianchefs.com/recipes/vignarola-recipe)

DIRECTIONS

1. Shell the beans (keep some zest aside) and shell the peas, wash both under cold water keeping them separate and keep the outer pods of the peas.
2. Clean the artichokes, removing the hardest external leaves and the tips, then place them in a bowl with water acidulated with lemon juice.
3. Clean the spring onion without throwing the green part and slice it finely.
4. Place a pan with 1 liter of salted water on the fire, add the scraps of the vegetables (the outer pods of the peas and some broad beans, the green part of the onions and a few artichoke leaves) and simmer, uncovered, for about 45 minutes. Add salt and filter the broth thus obtained, keeping it warm.
5. In a pan, fry the sliced spring onion with a few tablespoons of oil until it is transparent, then add the bacon cut into fine strips and brown.
6. In the meantime, drain the artichokes, cut them into 6 wedges each, remove the inner beard and place them in the pan, adding a couple of ladles of broth. After about 10 minutes add the beans with another ladle of broth and finally, after another 5 minutes, add the peas too.
7. At this point pour the wine, let it evaporate, then sprinkle with chopped catmint, cover and continue cooking for about 10 minutes (the vegetables should not be too soft), stirring occasionally and adding more broth.
8. At the end of cooking season with salt, grind a pinch of pepper and leave to rest for at least ten minutes, covered.
9. Enjoy your **Vignarola!**