

Fusilli with Artichokes **“Fusilli con Carciofi (Italian)”**

This is also a fast and tasty recipe. The condiment can be prepared and stored in the refrigerator for a couple of days.

Prep Time: 15 - 20 minutes

Cook Time: 15

Ingredients for 4 servings:

For the condiment:

8 artichokes

4 cloves garlic

4 stems of parsley

4 tablespoons Nonna Angelina's Extra Virgin Olive Oil (EVOO)

sea salt

juice of one big lemon

For the pasta:

3/4 pound Fusilli

Directions

Fill a bowl of water and add the lemon juice.

Cut the stems of the artichokes and peel half the petals one by one.

Then cut the tip of the petals.

Slice the heart of the artichokes and place in the bowl with the water and lemon juice.

Repeat for all 8 artichokes.

Mince the garlic and the parsley.

Pour the EVOO in a pan with the garlic and sauté with low heat until golden. Add the sliced artichokes and the salt. Sauté for a few minutes, then add a cup of water and simmer 5 – 10 minutes.

Add the parsley and simmer for 5 minutes. Don't overcook.

Place ½ gallon of water in a pot. When boiling add the Fusilli and stir for a few seconds.

Let it boil uncovered for 6 - 7 minutes (1 – 2 minutes less from the time on the label of the pasta) stirring often.

Drain the pasta (without adding cold water) and add it to the artichokes. Let it cook for 2 minutes with high heat stirring gently and constantly, then serve hot. This procedure is important so the pasta will absorb the condiment and taste better.

Buon appetito!

