

Pasta with Artichokes



DIRECTIONS

- Begin by bringing a pot of water to boil according to pasta directions.
- While waiting, drain and pat dry the quartered artichokes.
- Place olive oil and garlic in a sauté pan.
- Place on low heat until garlic is golden.
- Remove garlic and add diced prosciutto (or anchovies, whichever you decide to use).
- Sauté until prosciutto is crispy.
- If using anchovies, wait until they dissolve.
- Add artichokes and sauté for a couple of minutes.
- Add capers, olives and wine.
- Stir well and cover pan.
- Simmer on low for 5 minutes.

INGREDIENTS

- 1 lb (drained weight) quartered artichoke hearts, canned
- 1 TBSP capers
- 4 Oz calamata olives, pitted and cut in half
- 4 Oz diced prosciutto OR 6 anchovy fillets (your preference)
- 4 TBSP Olive Oil
- 2 garlic cloves
- 2 Oz white wine
- 3 Oz heavy cream
- 12 Oz of your favorite pasta
- Salt and pepper to taste
- Fresh parsley and grated cheese as needed



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DIRECTIONS (CONT.)

- Cook pasta Al dente.
- Drain pasta, reserving 1/2 cup of pasta water.
- Add pasta and pasta water to sauté pan.
- Stir constantly over low flame to avoid sticking.
- When most of the water is absorbed, add cream.
- Shut off heat.
- Adjust seasoning by adding salt and pepper.
- Cover pan and let it sit for 5 minutes.
- Serve immediately topped with fresh parsley and grated cheese.
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- Makes 6 servings.

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NONNA'S TIPS

- This recipe can be made vegetarian by omitting the prosciutto and anchovies. Add some fresh lemon zest for extra flavor right before serving.
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- If you like your plate to have more colors, add a few cherry tomatoes (cut in half) when you add the olives.
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- You can use fresh artichokes for this dish but you'll need to remove all the hard, outer leaves, leaving only the tender ones; clean out the rough interior; slice the artichoke hearts in segments; and allow to cook until tender (about 15 minutes longer than this recipe).
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- I use capers in brine. If you use salted capers, rinse salt off under cold running water.