

Wild cardoons with anchovies and pine nuts



🍴 Serves 4.

Ingredients

1 wild cardoons
1 lemon
1-2 cloves garlic
7-8 anchovy fillets
a handful of pine nuts
salt and extra virgin olive oil
a pinch of pepper
chopped parsley

Method

Eliminate the external costs most filamentous of wild cardoons, then cut into small pieces and soak in cold water acidulated with the juice of half lemon. Rinse and boil the wild cardoons in water with the half lemon juice remained for about 40 minutes, then drain. Fry slightly with garlic, olive oil, salt and anchovy fillets, add a few tablespoons of cooking water if they should still be tough and cook for another 15-20 minutes. Meanwhile, toast the pine nuts in a frying pan and chop the parsley. When cooked, add the pine nuts and chopped parsley and serve.