



PINNINOS KIN ISCARZOFA

from

Sweet Myrtle & Bitter Honey

The Mediterranean Flavors of Sardinia

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Pinninos kin Iscarzofa *Cold pasta salad with baby artichokes*

Serves 4

- 1 pound baby artichokes
- Juice of 1 lemon
- 2 cups yellow and red teardrop tomatoes (or cherry tomatoes), halved
- 1 bunch basil, chopped
- 1/2 bunch flat leaf parsley, chopped
- 6 garlic cloves, thinly sliced
- 1 pound penne pasta
- 3/4 cup fruttato extra virgin olive oil
- Sea salt and freshly ground black pepper
- 4 ounces ricotta salata cheese, shredded

Clean and trim artichokes; cut in half lengthwise. Remove the choke, leaving the heart and tender bottom leaves. Place the halves into a bowl of cold water and lemon juice to prevent artichokes from turning black.

Drain artichokes and place in lightly salted boiling water for 10 minutes. Transfer to bowl filled with ice water immediately to stop the cooking process. Thinly slice artichoke hearts into 1/4-inch slices and put into a bowl. Add tomatoes, basil, parsley and garlic; toss well.

Bring a large pot of salted water to a boil, add pasta and boil for 10 to 15 minutes, or until al dente. Drain and rinse under cold running water to stop the cooking process. Transfer pasta to a serving bowl and toss with 1/4 cup of the fruttato olive oil to prevent sticking.

Add artichoke and tomato mixture to pasta and pour in remaining fruttato olive oil. Toss well and season to taste. Toss with the ricotta salata before serving.