



PAESTUM ARTICHOKE PGI SAUTÉED IN LEMON

Categoria: Side dishes **Tempo di preparazione:** 15 minutes **Difficoltà:** facile 🕒

Ingredienti per 6

- 4 Paestum artichokes PGI (if you cannot find them you can use other artichokes)
- 4 red spring onions, finely chopped
- 100 g Italian pancetta or unsmoked streaky bacon
- 50 g Grana Padano cheese
- 1 lemon
- extra virgin olive oil, as needed
- salt, to taste
- pepper, to taste
- 1 sprig of mint

A key ingredient in the Mediterranean Diet, the artichoke has been part of the gastronomic culture of the Campania Region in Italy since time immemorial, in particular in the Piana del Sele. The “Carciofo di Paestum” PGI artichoke, also known as “Tondo di Paestum”, from the name of the type from which it derives, is associated with the group of “Romanesco” type artichokes for the rounded appearance of its flower heads, their high compactness, the absence of thorns in the bracts.

Difficulty: **easy**

Cost: **low**

Preparation time: **15 minutes**

Serves: **6**

Method

Wash the artichokes, remove the external, harder leaves and the choke and cut them thinly; put them in a container covered with water and a little lemon juice to stop discolouring.

Sauté the finely chopped spring onion gently in 4 tablespoons of extra virgin olive oil in a large frying pan. When slightly softened, add the diced pancetta, sauté well until crispy and then add the artichokes, sauté gently and add the juice of half a lemon. Cover and leave to cook gently for 10 minutes.

Then add the rest of the lemon, in slices and continue cooking for at least another 10 minutes. Check the artichokes and season with salt and pepper. Once they are tender, turn off the heat and leave to rest for a few minutes.

You can serve this dish as a main course with some toasted country bread or as a side dish with white meat. Enjoy!

