

Raschiatelli with artichokes and lemon from Rocca Imperiale

(by Unione Regionale Cuochi Calabria)

Serves 4

Pasta

◆ 2 1/2 cups flour type 0, plus more as needed ◆ 2/3 cup hot water (about 140 degrees F) ◆ Kosher salt

Sauce

◆ 5 medium artichokes ◆ Zest and juice of 1 lemon, plus 1 lemon, halved ◆ 3 tablespoons extra virgin oil, plus more for drizzling ◆ 1 Tropea onion, chopped ◆ 2 sprigs wild fennel, chopped ◆ Kosher salt and freshly ground black pepper ◆ 1 teaspoon paprika ◆ 2 ounces Pecorino Crotonese, grated ◆ 2 tablespoons chopped fresh parsley

Method

1. For the pasta, place the flour in a large bowl. Make a well and slowly mix in the water with a fork. Knead the dough, leaving it very soft, and let it rest for at least half an hour.
2. Form the dough into lengths of about 6 or 7 inches long and 1/3 inch wide. Cut these sticks into about 1/3 inch pieces. Use a floured thumb, as with gnocchi, shape these little dumplings into small shells along a floured ridged pastry board or the tines of a fork. Rest in a single layer on floured baking sheets.
3. Bring a large pot of salted water to boil for the pasta. For the sauce, trim the artichokes, remove the chokes and cut the edible hearts into small chunks. Add to a bowl of cold water and squeeze in the juice of the halved lemon to keep the color. Heat the olive oil in a large skillet over medium heat. Add the onion and fennel and season with salt and pepper. Drain the artichoke pieces and add them as well. Season with the paprika.
4. Add the lemon zest and juice and cover the pan. Adjust the heat and cook gently until the artichokes are tender, about 8 to 10 minutes.
5. Meanwhile cook the pasta in the boiling water until al dente. When the sauce and pasta are ready, transfer the pasta to the sauce, adding a splash of pasta water if it seems dry.
6. Drizzle with olive oil, add the cheese and parsley and toss well. Serve.

Source: "Il viaggio di Lidia Bastianich in Calabria"

Food and wine itinerary