

## Braised Artichokes with Calamint

*(Carciofi in umido con la nepitella)*

### Ingredients

4 medium artichokes, cleaned and placed in a lemon water bath to prevent discoloration

Flour, for dusting

1 -2 tablespoons olive oil

2 cloves garlic, minced

6 ounces tomato paste, thinned with a small amount of water

Salt and pepper, to taste

Handful of fresh nepitella

### Directions

Trim the artichokes and slice into quarters, leaving stems intact. (or divide into six if artichokes are large). Dust them in flour and sauté in olive oil, preferably in a copper pan. Season with salt and pepper. Once they begin to get some color, add the minced garlic. Finish cooking on low heat in the tomato paste dissolved in a little water. Cook covered, approximately 30 to 40 minutes, turning a few times until artichokes are fork tender. Season to taste with salt and pepper then garnish with fresh nepitella just before serving.