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.