

Tirrena Pasta Recipes

1) Spring

Tirrena spaghetti with artichokes, mint and pink prawn tartare

Ingredients for 4 people

4 purple artichokes

1 poached garlic clove

1 bunch of mint

400 grams of prawns

1 shallot

1 sprig of thyme

1 teaspoon of tomato paste

50 grams of Laudemio extra virgin olive oil

1 glass of white wine

200 millilitres of vegetable stock

1 fresh chilli

1 bunch of parsley

Salt and pepper

Clean the prawns by removing the carapace but leaving the head, which will be used to prepare the bisque.

In a saucepan, heat the extra virgin olive oil and brown the sprig of thyme and finely chopped shallot, then add the prawn heads and brown them quickly,

crushing the heads with a spoon. Add the tomato paste and let it cook for a few minutes, then add the wine and let it cook off. Finally, transfer everything to a blender and blend for a few seconds, then pass it through a fine sieve and put it back on the heat to reduce.

Clean the artichokes and cut them into julienne strips. Brown the poached garlic and the fresh chilli, then add the artichokes, trying to brown them as lightly as possible. Season with salt and pepper and add the mint and then the stock. Cook the artichokes briefly, leaving them slightly al dente.

Cook the spaghetti al dente, drain it and transfer it to the artichoke pan, then finish cooking the spaghetti in the prawn bisque. Garnish the dish with a quenelle of prawn tartare and a few parsley leaves and serve.