

Coco Pazzo Restaurant
Recipe by Chef Chris Macchia

Insalata Carciofini

(serves 6)

12 Baby Artichokes
2 Lemons
Baby Arugula
Extra Virgin Olive oil
Fresh Cracked Black Pepper
Sicilian Sea Salt
Parmesan

Squeeze one lemon into a small bowl of cold water. Clean the artichokes by peeling the stems and then removing the tougher outer leaves. Remove the choke from the center of the artichoke with a spoon or melon baller and place in the acidulated water. Continue with the rest of the artichokes. Place enough baby arugula in a small bowl to cover six plates. Dress the greens with a little oil, the remaining lemon, salt and pepper and arrange on the plates. Remove the artichokes from the water and slice by hand as thin as possible. Dress the artichokes with a little olive oil, salt and pepper, and place on top of the arugula. To finish drizzle a bit more oil over each salad, and shave Parmesan with a vegetable peeler over the artichokes.