

Italian Artichoke Tomato Sauce

Sugo ai Carciofi

Prep: 20 min	Cook: 25 min	Total: 45 min	Serves: 4-6
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Ingredients

- 4 fresh artichokes
- 2 lemons
- 24 oz (700 g) tomato passata
- 2 garlic cloves, peeled and lightly crushed
- 2-3 tablespoons extra-virgin olive oil
- 1/4 teaspoon ground turmeric, or a small pinch
- Salt, to taste
- Freshly ground black pepper, to taste

Instructions

- 1 Fill a large bowl with cold water and squeeze in the juice of the two lemons.
- 2 Remove the tough outer leaves from the artichokes, trim off the thorny tops, and peel the stems if tender. Cut each artichoke into quarters and remove the fuzzy choke if necessary.
- 3 Place the cleaned artichokes immediately in the lemon water to prevent browning.
- 4 Drain and rinse the artichokes, then slice them thinly.
- 5 Transfer the sliced artichokes to a large skillet or saucepan. Add a small amount of water and a pinch of salt. Cover and cook over medium heat for 7-8 minutes, stirring occasionally.
- 6 When most of the water has evaporated, add the extra-virgin olive oil, garlic, and turmeric. Cook for about 1 minute, stirring gently. Do not let the garlic burn.
- 7 Pour in the tomato passata and stir well. Bring to a gentle simmer, then reduce the heat to medium-low.
- 8 Cook uncovered for 10-15 minutes, or until the sauce has thickened slightly and the artichokes are tender.
- 9 Taste and adjust the salt if needed. Finish with freshly ground black pepper.
- 10 Serve with pasta, spoon over toasted Italian bread, use as an antipasto or side dish, or use as a filling for lasagna.