

La Vignarola

Roman-style spring-vegetable stew

INGREDIENTS

2 lemons, halved
5 large artichokes (about 12 ounces each)*
1½ cups shelled fresh or frozen fava beans,
or shelled frozen edamame**
¼ cup extra-virgin olive oil, plus more as
needed
2 ounces guanciale, pancetta or bacon, slivered
Salt
1 large onion, thinly sliced
2 cups shelled fresh or frozen peas)
¼ cup chopped parsley
2 tablespoons chopped mint
1 sprig oregano, optional
¾ teaspoon lemon juice, plus more to taste
Freshly ground black pepper

** Or equivalent amount of baby artichokes.
They're easier to prepare and don't require
cutting out the choke. Snap off outer leaves till
you get to the pale green leaves. Cut in quarters,
or halves if very small.*

*** Lacking these, try asparagus or green beans
cut in half-inch chunks, whatever is in season.*

To find artichokes and favas in the same season requires a little planetary alignment. But that's no excuse not to try this satisfying dish, substituting other beans or even asparagus...whatever is available. Serve with a loaf of crusty bread to soak up the juice.



1. **To prepare the artichokes:** Fill a large bowl halfway with cold water. Squeeze the lemons into the water and add the rinds to the bowl. Using a serrated knife, cut off the top third of an artichoke. Pull back and snap off the dark green, leafy blades, one by one, until only the pale yellow leaves remain. Using a paring knife, trim the artichoke bottom and stem to the pale green flesh, then cut it in half lengthwise. Drop into the water (to keep the artichoke from turning brown) and repeat with the remaining artichokes. Using a spoon, scoop out the prickly leaves and hairy choke (skip this step if using baby artichokes). Cut each half into 4 wedges and return to the water until ready to use. *Tip: for baby artichokes it's okay to leave a good bit of stem as it's entirely edible.*

2. If using fresh fava beans, bring a large pot of water to a boil. Fill a large bowl two-thirds full with ice water. When the water comes to a boil, add the beans and cook for 1 minute, then drain and immediately submerge the beans in the ice water. Peel the beans by gently tearing the pale skins and pinching at one end. Discard the skins, reserving the dark green interiors. *If using asparagus, add during last 5 minutes of artichoke cooking time. If using green beans, add in about 10 minutes before end of artichoke cooking time.*

3. **To cook the ragout:** Heat a 12-inch nonreactive pan over medium heat. Add ¼ cup olive oil and when hot, add the onion, oregano (if using) and guanciale. Cook, stirring occasionally until the onion and guanciale are translucent, about 10 minutes. Drain artichokes and add to the pan, along with 2 cups water and 1¼ teaspoons salt. Bring the liquid to a boil, then reduce heat to a simmer and cook until artichokes are just tender, about 25 minutes. If using frozen favas, add them and cook for 2 minutes. If using fresh favas or frozen edamame, add them, along with the peas, and cook until warm and tender, about 5 minutes more. Remove the oregano sprig. Sprinkle in parsley and mint. Season with lemon juice, freshly ground black pepper and, if desired, additional salt. Drizzle with extra-virgin olive oil and serve. Serves 6 as a side dish or first course.

Adapted from Sara Dickerman
via NY Times
[www.nytimes.com/2007/05/27/
magazine/27food-t.html](http://www.nytimes.com/2007/05/27/magazine/27food-t.html)

From janepell.wordpress.com