



Pasta aglio, olio, e peperoncino with squid and crispy artichokes

Serves 4

Ingredients

320 g short dry pasta
Zest of 1 organic lemon
½ Spring onion
800 g squid
2 artichokes
2 tablespoons flour
1 clove garlic
Extra virgin olive oil
Chilli pepper flakes
Salt
Freshly ground black pepper
Bottarga

To clean the squid, carefully separate the heads from the tentacles and remove the beak and the guts. Wash the squid and remove the outer membrane, then dice the bodies and chop the tentacles.

Bring the water to the boil in a saucepan with the spring onion and a few strips of lemon zest. When the water boils, throw the squid into the pot with the tentacles, cover and bring back to the boil.

Cook the squid in the boiling water for at least 15 minutes, or until they are soft enough to be easily cut with a knife. Let them cool down in the water, then remove them, thinly slice the sacs and leave the tentacles whole, then place in a bowl. Don't throw away the water.

Finely chop the parsley and add it to the squid, then season immediately with extra virgin olive oil and salt.

Clean the artichokes, slice them finely, sprinkle them with two tablespoons of flour, and fry them in a few tablespoons of olive oil until golden brown. Remove them from the pan and place them on a plate lined with kitchen paper.

Bring the squid water back to the boil, and cook the pasta.

While the pasta is cooking, wipe out the frying pan with kitchen paper, pour in some extra virgin olive oil and add a clove of crushed garlic and some chilli pepper. Heat the olive oil until the garlic is fragrant, then turn off the heat.

Drain the pasta al dente and add it to the pan, then toss it briefly in the oil.

Add the squid, the fried artichokes, grated bottarga, and lemon zest, then serve immediately.