



# Homemade Tagliatelle with Artichokes and Prosciutto

**30 minutes**

Hands on

**6**

Portion(s)

**1**

Difficulty



## Ingredients

- 1 1/2 tablespoon(s) butter
- 6 artichokes, cleaned and trimmed
- 3 clove(s) of garlic, peeled
- 200 ml water
- salt
- pepper
- 60 ml heavy cream 35%
- lemon zest, of 1/2 lemon
- lemon juice, of 1/2 lemon
- parmesan cheese
- 6 slices prosciutto
- 2 sprig(s) oregano, fresh

For the homemade tagliatelle

- 500 g all-purpose flour, + extra for dusting
- 5 eggs
- 2 tablespoon(s) olive oil
- 1 tablespoon(s) salt

## Method

For the homemade tagliatelle

- Place the flour in a bowl.
- In a separate bowl, add the eggs and lightly beat with a fork.
- Make a small well in the center of the flour and add the eggs in the well.
- Add 2 tablespoons of olive oil and salt.
- Begin mixing with a spoon, slowly, picking up flour from around the well and bringing it inward to combine with the eggs.
- When the mixture begins to stiffen and form a dough, knead by hand until all of the flour is incorporated.
- Wrap the dough in plastic wrap and refrigerate for at least 1 hour so it can rest.
- Roll into a cane and cut into 5 pieces.
- Generously dust your working surface.
- Drop a piece of dough onto the working surface, dust with more flour and start to roll out. You want to create a sheet as thin as 2 sheets of paper stacked.
- Dust with generous amount of flour.
- Roll the sheet of dough into a cylinder and cut into thin rounds. These are your tagliatelle when they are unwound.
- It is best to place the tagliatelle in a strainer and shake them around to remove all of the excess flour.
- Repeat the same process for all of the pieces of dough.
- Any shape of homemade pasta you create, make sure that they are of equal size so they can all cook evenly.

For the artichokes

- Place a large, deep pan over medium heat.
- Add the butter and let it melt.
- Chop the artichokes into cubes, mince the garlic and add them both to the pan.
- Sauté for about 1 minute so that the garlic doesn't turn golden.
- Add the water, salt and pepper. Cover pan with lid and cook for 10 minutes, until the artichokes soften.
- If there is still too much liquid in the pan, remove lid and allow the liquid to evaporate, until there are only a few tablespoonful's left.
- Add the heavy cream and bring to a boil.
- Add the lemon zest, cover with lid and remove from heat.
- Bring a pot full of salted water to a boil.
- Shake the excess flour off of the tagliatelle once more and add to boiling water. Cook for 3 minutes.
- When ready, reserve 250 ml of the pasta water in a cup.
- Drain the pasta and add them to artichokes in the pan.
- Add the pasta water and toss to coat the tagliatelle in the sauce.
- Serve with grated parmesan, slices of prosciutto, lemon juice and fresh oregano.

## Tip

You can let the homemade fresh pasta out to dry and store them in a dry place for 3-4 days. The dough needs to be generously dusted with flour to help it roll out easier. Flour is your friend in this scenario... When you give shape to the pasta you can shake off the

## Διατροφικός πίνακας

Nutrition information per portion

486 Calories (kcal)	14.0 Total Fat (g)	4.6 Saturated Fat (g)	66.0 Total Carbs (g)
24%	20%	23%	25%
2.6 Sugars (g)	22.0 Protein (g)	4.7 Fibre (g)	2.6 Sodium (g)
3%	44%	19%	43%

excess flour...