



Garmugia

Called Vignarola in Rome and Frittedda in Sicily

- 4 small artichokes, trimmed & cut into 6ths
- 1 pound fava beans, shelled
- 1 cup asparagus, trimmed
- 1 cup tiny peas, shelled
- New "green" garlic, white part only, sliced thin
- 2 thick slices of pancetta
- 1/2 cup extra virgin olive oil
- Salt

Cut the pancetta into thin strips. Sauté in pan with sliced garlic. Add the prepared vegetables. Lightly sprinkle with salt. Stir to mix and add a cup of water. Let stew until cooked.

Italians love their veggies really cooked. I think that the "over cooking" is really the secret to the meatiness of this dish! Sometimes it is served really soupy on top of toasted bread as a first course.