

## *Puntarelle*



Step 1: Approach the puntarelle. Greet them. Ask them: come state?



Step 2: slice them very thinly. Not so thinly that you'll spend hours cutting, but cut the thicker stems at least into fourths.



Step 3: when done cutting, make a bowl of ice water.



Step 4: give them a bath and watch them begin to curl. If they were harvested in summer, change the water once or twice to remove the extra bitterness. They will finish curling soon, but leave them for two or three hours to remove bitterness.



Step 5: they are nicely curled now. Pull them out.



Step 6: they likely will have curled into one big mass. Pull them apart and put them in a bowl to dress.

My favorite dressing follows. They go great with any sweet berries and sweet vinaigrettes.

A few sun-dried tomatoes cut into strips

Balsamic vinegar (or any good wine vinegar)

Red wine

A tablespoon or so of fennel seeds

Two or three cloves of garlic

Pinch of salt

Olive oil

Soak the tomatoes in equal parts vinegar and wine (or just vinegar) level with the top of the tomatoes while the puntarelle soak. Grind the fennel seeds and garlic. Add to the tomatoes with some salt. Double the volume with olive oil and dress the puntarelle.