



ARTICHOKE OMELET

Bella Figura is Kamin Mohammadi's account of a year of slow living in Italy, and each chapter brings to life the scents, sounds, and tastes of the season. In April, Kamin experiences the intoxicating thrill of taking a lover and savors the fluffy, creaminess of an omelet filled with fresh artichokes. Pair this breakfast-for-dinner delicacy with a glass of white wine and enjoy!

“Omelets with fresh carciofi —how you say’—he paused to think of the word. ‘You know, the vegetable with a heart.’

I laughed—even vegetables had a heart in Italy!”

INGREDIENTS:

- 1 large fresh artichoke
- Best quality extra-virgin olive oil
- 2–4 eggs, depending on the size (free-range and organic)
- Whole milk (2 cups to each egg)
- Sea salt and black pepper, to taste
- Parsley, to garnish

METHOD:

Take the artichoke and cut away all the hard tops of the leaves. Slice the remaining heart and tender leaves. Heat the olive oil in a frying pan and toss the artichoke pieces in it until a little browned. Whisk the eggs in a bowl with the milk. Add to the browned artichoke and cook, seasoning with sea salt and black pepper.

When the eggs begin to peel away from the side of the pan, use a large flat wooden spatula or spoon to flip the omelet. Cook the other side until golden, then serve, sprinkling some fresh chopped parsley on top.

Serves 1-2

