

Pasta ai Fiori di Zucchini

Pasta with
Zucchini Flowers

Serves 4

Method

Clean the flowers. Shorten the stalk and cut the threads around the bulb of the flower, pull out the stamens inside. Rinse in cold water.

Fry garlic and chilli in a drizzle of oil. As soon as the garlic begins to colour add the courgette flowers. Add salt, cover and leave to cook for a couple of minutes. When the flowers are wilted, add the anchovy fillets. After a couple of minutes the courgette flowers will be soft.

Cook the pasta and when there are 2 minutes left on cooking time, drain (keep some cooking water) transfer it to the flower pan.. Stir until cooked, adding cooking water if necessary.

Remove the pan from the heat, add the grated cheese and mix until the pasta becomes creamy.

Ingredients

Courgette flowers 400 g

Linguine 350g

Garlic 4 cloves

optional chili pepper

olive oil

Anchovy fillets in oil 8

Pecorino grated 8 tblspns

Zucchini flowers can be hard to find. The best way is to grow your own or befriend someone with a glut. Or you could bite the bullet and pay £5 per flower at Borough market, and that was 2007! It would be cheaper to fly to Italy to fetch them.