

Sautéed Escarole

1 bunch of escarole
3 cloves garlic
¼ cup extra virgin olive oil
½ teaspoon peperoncino
Salt and pepper to taste

Detach the escarole leaves, fill the sink with water, and wash the leaves thoroughly in 3 changes of water, always removing the floating leaves from the water, leaving the sand and dirt at the bottom.

Blanch the leaves in a large pot of boiling water for about 5 minutes until just tender. This removes some of the bitterness. Drain the leaves in a colander, and refresh under cold water, which keeps the vegetable green and prevents overcooking.

Squeeze as much water from the escarole as possible and chop it.

Mince the garlic. In a saucepan, heat the olive oil, the garlic, and the peperoncino over low heat until the garlic is fragrant. Do not let the garlic brown.

Add the chopped escarole, salt, and pepper to taste, and sauté for a few minutes on medium heat until hot, stirring occasionally.