

6. Drain the cooked *lampascioni* and rinse well. Pat dry of excess water. There should now be no more goo seeping out of the *lampascioni*-hurray!

7. Put the goo-free *lampascioni* in a serving bowl. Like most edible things, they will immediately be improved by a good dousing of extra virgin olive oil. Add salt. Timidly taste. If they need more vinegar, add a teaspoon or two. The bulbs themselves will have a mildly bitter taste which is pleasantly countered by the vinegar and oil. If they are very bitter, you did not do a good job of getting rid of that bitter goo, and should reconsider using *lampascioni* in their blooming stage as decorative flowers only.

I brought my bowl of *lampascioni* to a family lunch in Sicily, where Emanuele's sister Elisa was the guinea pig. I was thrilled that she proclaimed the *lampascioni* to be "*buonissimi!*" After eating several, she then said she would add a bit more vinegar.

So, all in all the gooey *lampascioni* mess was a success! "*Si*", Emanuele agreed, who reluctantly ate one, then looked relieved that they tasted okay and ate a few more -"*sono buoni*". But next time, he swore, you can find someone else to clean them.



Cooked *lampascioni*, dressed with vinegar and oil, are ready to eat.