

Artichoke Hearts with Fresh Herbs, Chilli & Fetta



R & J Mazza
GLOBE ARTICHOKE

Ingredients

5 large globe artichokes,
1 litre of water
Juice from 1 lemon,
¼ teaspoon salt,
10 peppercorns, whole,
2 garlic cloves, halved

2 tablespoons dry white wine,
Juice from ½ lemon
2 tablespoons olive oil,
Salt & cracked pepper to taste,

2 cloves garlic, chopped finely,
1 tablespoon fresh parsley, chopped,
1 tablespoon fresh oregano, chopped,
1 tablespoon fresh mint leaves, chopped,
50 g feta, crumbled,
1 red chilli, chopped finely,



Preparing Artichoke Hearts

1. Prepare bowl with water and lemon juice to submerge hearts, preventing discolouration while preparing remaining hearts.
2. Chop the stem off at the base of the globe, leaving 2cms of stem. Peel outside bracts until you reach the inner bracts. Cut off the top 1/3 of the artichoke and trim the base, leaving the heart with only the tender inner bracts.
3. Cut the heart in half. Scoop out the hairy choke with a teaspoon. Immerse the heart into the water and lemon mixture until you have prepared all artichokes.
4. Remove hearts from liquid and place into a bowl. Tip the liquid into a saucepan and add salt, peppercorns and garlic. Bring to the boil, then add artichoke hearts. Bring back to boiling point, reduce heat and simmer for 2-3 minutes. Ensure that the heart does not overcook.
5. Remove from hot liquid and cool.

Method

1. Preheat oven to 200°C.
2. Place artichoke halves on a baking tray, and sprinkle with dry white wine, lemon juice, oil and salt & pepper.
3. In a bowl, mix garlic, herbs, feta and chilli, and sprinkle on top of artichoke hearts.
4. Bake artichoke hearts in oven for 20 minutes or until slightly golden.

Serves 4

