

Artichoke Hearts with Garlic, Oregano & Parmesan



R & J Mazza
GLOBE ARTICHOKES

Ingredients

6 large globe artichokes,
1 litre of water
Juice from 1 lemon,
¼ teaspoon salt,
10 peppercorns, whole,
4 garlic cloves, crushed,

Juice from ½ lemon,
1 small bunch of fresh oregano,*
2 cloves garlic, finely chopped,
½ cup parmesan cheese, grated,
Garlic infused oil,
Salt & cracked pepper to taste,

Extra garlic cloves, if preferred.



Preparing Artichoke Hearts

1. Prepare bowl with water and lemon juice to submerge hearts, preventing discolouration while preparing remaining hearts.
2. Chop the stem of at the base of the globe, leaving 2-3cms 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 1 minute. 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, lemon juice.
3. Top with garlic, sprinkle with salt and pepper, then drizzle with garlic oil. Top with cheese. Place springs of oregano on the artichoke. Extra cloves of garlic can be placed on the baking tray, as these are delicious baked and compliment the artichoke.
4. Bake artichoke hearts in oven for 8-10 minutes or until cheese is golden.

*Oregano can be substituted with parsley or basil.

Serves 4-6

