

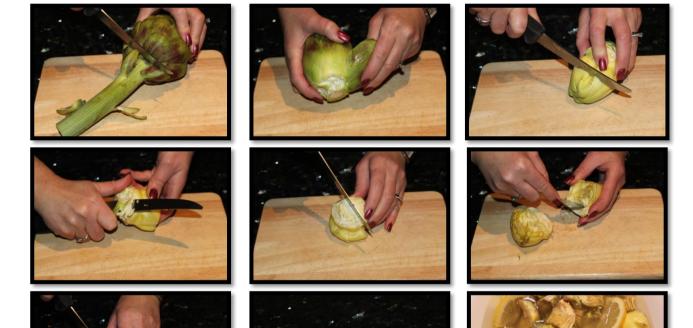
Ingredients

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

Dressing

Juice from ½ lemon, 1 tablespoon parsley, chopped, 2 tablespoons extra virgin olive oil,





Method

- 1. Prepare bowl with water and lemon juice to submerge hearts preventing discolouration while continuing to prepare remaining hearts.
- 2. Chop the stem of at the base of the globe. Peel outside bracts until you reach the inner bracts. Cut off the top ½ or more 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. Cut into quarters. 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 remaining ingredients. Bring to the boil, then add artichoke hearts. Bring back to boiling point, reduce heat and simmer for 2 minutes. Ensure that the heart does not overcook.
- 5. Drain and cool. The hearts can be used for pasta or risotto dishes, as a pizza topping, or added to you favourite recipe. Otherwise, simply add dressing and serve as an antipasto!

