

# Artichoke Hearts



R & J Mazza  
GLOBE ARTICHOKE

## 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 off 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 your favourite recipe. Otherwise, simply add dressing and serve as an antipasto!



Artichoke ... the King of Vegetables