

Artichoke, Potato & Ham Muffins



R & J Mazza
GLOBE ARTICHOKES

Ingredients

Dry Mix

2½ cups self raising flour
1 teaspoon salt
Cracked pepper to taste

Wet Mix

1 cup mashed potato
½ cup artichokes hearts, finely chopped
½ cup ham, finely chopped
½ spring onions, chopped
½ cup parmesan cheese, grated
1½ cups milk
½ cup sour cream
2 eggs
2 tablespoons parsley, chopped

How to Prepare

1. Preheat oven to 200°C.
2. Place wet mix in a medium bowl and mix well.
3. Place dry mix in a large bowl and make a well in the centre. Add wet mix and stir well.
4. Place mixture in muffin tins.
5. Bake in oven for 25-30 minutes or until golden.



Makes 12 large muffins



Artichoke ... the King of Vegetables