

Baked Globe Artichokes with Parmesan Cheese



R & J Mazza
GLOBE ARTICHOKE

Ingredients

4 medium globe artichokes,
1 cup parsley, chopped,
4 cloves garlic, finely chopped,
½ cup parmesan cheese, grated,
Salt & cracked pepper, to taste,

Cooking Ingredients

1 cup water,
2 tablespoons light olive oil,
Salt to taste



Prepare the Globe Artichoke

1. Chop the stem off at the base of the globe and set aside.
2. Spread apart the artichoke bracts and rinse under running water.
3. Place artichoke upside down on absorbent paper towel to drain while preparing the stuffing.

Stuffing the Globe Artichoke

Heat oven to 180oC.

1. Mix the parsley and garlic in a bowl.
2. Starting from the outer bracts and working towards the centre, sprinkle the parsley and garlic mixture on the inside of the bract and push down gently to the bottom. It will be difficult to get to the inner bracts as the leaves are tighter and smaller, but you should be able to stuff more than half the bracts.
3. Once completed place the artichokes in an oven-proof dish with the water, oil and salt.
4. Peel artichoke stems, and remove the thick stringy membrane. Chop into 6-8cm lengths and add to the pot. Cover with alfoil.
5. Bake for 45-mins depending on the artichoke's maturity. Pull at a bract and taste it to see if it is cooked. It will come away easily when cooked.
6. When cooked, remove the alfoil and sprinkle with parmesan. Bake for a further 5-10 minutes with out the alfoil, until the cheese melts. Remove from oven and serve.

Serves 4

