

Preserved Artichoke Hearts In Olive Oil & Garlic



R & J Mazza
GLOBE ARTICHOKES

Ingredients

5 cups water
1½ cups vinegar
¼ teaspoon peppercorns, whole
1 level teaspoon salt

1kg artichoke hearts (see 'How to Prepare' on our website.
6 cloves garlic, thickly sliced
Extra virgin olive oil

How to Prepare

1. Wash 4 x 400ml jars well and dry.
2. Place water, vinegar, peppercorns and salt in saucepan and bring to the boil.
3. Add artichoke hearts and return to boil point. Lower heat and simmer for 1 minute.
4. Strain artichokes and cool. Add garlic and pack hearts into the jars.
5. Pour oil into the jars and seal well.

Note: Do not overcook artichoke hearts. They need to remain firm.



Makes 4 x 400g jars



Artichoke ... the King of Vegetables