

# Steamed Globe Artichokes



R & J Mazza  
GLOBE ARTICHOKE

## Ingredients

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

## Cooking Ingredients

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

## Dipping Sauces

Choose one of the following:

1. Aioli
2. Mixture of oil and balsamic vinegar
3. Mayonnaise



## 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

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 a large pot, 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.
5. Cook for 45-mins to 1 hour 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 the artichoke can be eaten as is, or choose one of the dipping sauces which may compliment the taste.

**Serves 4**

