

# Steamed Globe Artichokes with Vinaigrette



R & J Mazza  
GLOBE ARTICHOKE

## Ingredients

4 medium globe artichokes,  
3 tablespoons light olive oil,  
Salt & pepper, to taste  
1 cup water,  
Salt to taste

## Vinaigrette

¼ cup olive oil,  
2 tablespoons white wine vinegar (substitute  
with balsamic vinegar for a sweeter taste  
or with lemon juice for a tangy taste)  
Salt & pepper, to taste  
1 clove garlic, chopped in half  
1 tablespoon Dijon Mustard  
¼ cup roughly chopped parsley  
1 tablespoon water



## 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.
4. Place the globe artichokes in a large pot, with water, oil and salt.
5. Peel artichoke stems, and remove the thick stringy membrane. Chop into 6-8cm lengths and add to the pot.
6. 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.

**Hint: If preferred, add 2 slices of lemon to the pot for a tangy flavour.**

## Prepare the Vinaigrette

1. Add all ingredients except the oil and parsley in a food processor and blend until smooth.
2. Add oil slowly in a trickle and combine well. If mixture is too thick, add a little more water.
3. Add parsley last and blend slightly until parsley is chopped finely.
4. Set aside until the artichoke is cooked, then serve in 4 small individual bowls.

## The Art of Eating an Artichoke

Ensure you have a large bowl on the table to dispose of the discarded bracts. Dip the bract in the vinaigrette then place the lower part of the bract between your teeth and drag so the fleshy part of the artichoke remains in your teeth. Discard the remaining bract, and repeat. When you get close to the heart, remove a cluster of bracts and eat the bunch together. These should be very tender and have very little to dispose of.

At the base on top of the heart, there is a hairy fuzzy section called the choke. Most times this will be tender and edible, depending on the maturity of the artichoke. If not tender, dispose the choke and enjoy the tender heart, which will be worth the wait!

**Eating steamed globe artichokes are a 'hands-on' affair, and can only be eaten using your fingers. Don't try to be etiquette, just enjoy the experience and the artichoke's unique flavour will be sure to impress you.**

**Serves 4**

