

Stuffed Globe Artichokes with Breadcrumbs & Parmesan



R & J Mazza
GLOBE ARTICHOKEs

Ingredients

4 medium globe artichokes,
¾ cup breadcrumbs,
¼ cup parmesan cheese,
¼ cup parsley, chopped,
2 cloves garlic, finely chopped
2 large eggs,
3 tablespoons light olive oil,
Salt & pepper, to taste

Extra 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

1. Mix all ingredients together to form a moist but firm mixture.
2. Starting from the outer bracts and working towards the centre, place a small pinch of the breadcrumb stuffing on the inside of the bract and push down gently to the bottom. It will be difficult to stuff 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 stuffed artichokes in a large pot, with extra 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.

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

The Art of Eating an Artichoke

Ensure you have a large bowl on the table to dispose of the discarded bracts. Place the lower part of the bract between your teeth and drag so the stuffing and 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 would have been too small to stuff, should be very tender and have 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!

Remember: Eating stuffed 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.

Globe artichokes are best consumed with a glass of good red
family members and close friends ...



Artichoke ... the King of Vegetables