

Baby Artichokes Roman Style

30 baby artichokes, trimmed and stem left intact

1 lemon, halved and juiced into a medium bowl of cold water (reserve the halves to rub on the chokes)

a handful of parsley leaves

8 leaves of fresh mint

2 cloves garlic, minced

3 tablespoons extra virgin olive oil

sea salt and freshly ground pepper

Trim the artichokes by breaking off the leaves one at a time. When you reach the central cone, the leaves will be soft and light green. You can break these off leaving the heart and choke. Using a melon ball tool, remove the choke. Trim the stringy outer layer of the stem and rub all cuts with lemon. Toss the trimmed artichoke hearts in the lemon water.

Finely chop the parsley and mint together. Set aside.

Steam the chokes for 8-10 minutes until tender. At this point they can be set aside to be served later. If serving immediately, heat 3 tablespoons of olive oil in a pan with the garlic. When you can smell the garlic's aroma, add the artichokes. Toss the artichokes in the garlic and oil for about 2 minutes. Add a handful of the chopped parsley and mint mixture. Toss again several times, and serve with a squeeze of lemon over the top.

Serves 4, as a side dish.

Bon Appetit... Buon Appetito... Buen Apetito... Cheers, Pam & Diane, the 2 Stews

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