

Carciofi-alla Romana

Roman Artichokes

Method

Ingredients

Artichokes 4 The leaves should be as closed as possible

Mint or Parsley, (Andrea uses Parsley)

Garlic, 1 clove

Salt and pepper to taste

Olive oil

2 lemons

Prepare a bowl of water with two half lemons in.

1. Take off the outer leaves. Don't be shy, woody leaves can ruin it all
2. Cut the top off
3. Delve inside and remove the beardy choke
4. Cut the stems to around 10 cm and peel off the outside

Rub lemon around the outside of the prepared artichoke and put in the water

Filling. Chop parsley and garlic very, very fine. Add a pinch of salt and pepper. Remove artichoke and tap to remove water, stuff with prepared filling. Massage with salt and pepper.

Transfer to a small saucepan, stalk end up. A snug fit is good. Add 4 tablespoons of oil and a couple of glasses of water. Cover and cook for 30 minutes on a low heat.

