

Carciofi alla Romana

Roman Artichokes

Ingredients

Artichokes 4	Salt and pepper to taste
Mint or Parsley, (Andrea uses Parsley)	Olive oil
Garlic, 1 clove	2 lemons

Method

Choose the narrowest artichokes you can find. All the leaves should be as closed as possible. Prepare a bowl of water with two half lemons in. 2

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. 4

