

CARCIOFI RIPIENI (STUFFED ARTICHOKE)

Serves 4

Ingredients

- 4 artichokes
- 1 lemon
- 1 ½ cup dry breadcrumbs
- ½ cup chopped onion
- 1 clove minced garlic
- ¼ cup grated parmesan cheese
- ¼ cup chopped Italian parsley and or cilantro
- ½ teaspoon salt
- ¼ teaspoon pepper
- 4-5 Tablespoons extra virgin olive oil

To prepare the artichokes

1. Cut off one inch of the top of the artichoke to form a flat top. Trim the stalk close to the base of the artichoke bulb.
2. Remove a few outer petals which may be woodier.
3. Trim the tips of each of the artichoke leaves.
4. Place the artichokes into a large bowl with the juice of 1 lemon in cold water for five minutes. This will remove any bitterness.
5. Turn the artichoke over and bang down onto a cutting board, this will loosen the petals. With your fingers, gently spread the petals (without breaking them off). This makes room for the stuffing. Drain upside down.

To make the stuffing mixture

1. Sauté the onion in 2 tablespoons of olive oil in a skillet, until transparent.
2. Add garlic and sauté for 30 seconds.
3. Remove pan from heat and add breadcrumbs, cheese, parsley, salt and pepper and mix well.
4. Spread leaves of artichokes open.
5. Fill the leaves with the stuffing mixture, starting from the bottom and working to the top.
6. Open the top center of the artichokes and fill with stuffing.

To cook

1. Place artichokes close together in a pot so that they will remain upright during cooking.
2. Drizzle the rest of the olive oil over the artichokes.
3. Add water to the bottom of the pot so that it will steam the artichokes and cook at medium heat for about an hour or until leaves are tender.

Enjoy!

*Adapted from A Taste of Memories from the Old "Bush", Volume 1, by Catherine Tripalin Murray