

Stuffed Artichokes Carciofi Ripieni

Ingredients:

4 large artichokes
1 lemon (sliced)

Stuffing:

1 cup homemade breadcrumbs
½ cup loosely packed mint leaves (finally chopped)
1 clove garlic (finally minced)
1 Tbs. chopped pistachio, pine nuts or sunflower seeds
3 Tbs. olive oil

½ cup vegetable broth or seasoned water
1 Tbs. butter

Directions:

Preheat oven to 400 degrees

Cut off the stems of the artichokes, so that they can stand up right. Rub the cut ends with a piece of lemon. With a surrogated knife cut off the upper third of the artichoke. Use scissors to cut off the pointed ends of the leaves. Put a slice of lemon on each artichoke and cook them with a cover for thirty minutes in salted water. After the artichokes are cooked, drain and cool them by turning them upside-down.

In the meantime prepare the stuffing. For this recipe you must use homemade bread crumbs. I usually put my leftover baguette or similar bread in the food processor after I cut off the crust. Grind the bread into small coarse pieces in the food processor and freeze.

For the stuffing mix the breadcrumbs, the finally minced garlic, the chopped mint leaves, the chopped pistachio nuts, and the olive oil. Season with salt and pepper.

Here comes the only tricky part, removing the hairy inside of the artichoke. I have a serrated grapefruit spoon that works, but mostly I use my fingers. Put the stuffing into the center hole of the artichoke. Pour the broth or seasoned water into a baking dish and add the artichokes. Put small pieces of butter on top and on the leaves. Cover your baking dish with aluminum foil and bake for 30 minutes at 400 degrees in a preheated oven. Serve the artichokes warm.

Guten Appetit

Recipe adapted by © sunnycovechef

