

View from the Fridge – Recipes from Brian Donkin

Recipe # 46 – Globe Artichokes with Garlic Dressing

Preparation time: 30 mins – Cooking time: 25 mins

Ingredients

4 globe artichokes
juice of 1 lemon
salt

Dressing

3 tablespoons white wine vinegar
3 cloves of garlic, peeled and smashed
3 tomatoes, skinned, deseeded and diced*
1 wine glass olive oil
chopped parsley
salt and pepper

Method

1. Cut ½ inch of top of artichoke with very sharp knife and cut stem of base.
2. Using scissors, trim ½ inch of each leaf (see picture 1).
3. Place the artichokes in cold salted water with lemon juice, bring to the boil and simmer for 25 minutes.
4. Drain and leave to cool for 2 hours
5. Push open artichoke from the top and tightly pull the purple leaves from the inside and place the purple leaves to one side. Remove all hairs from the interior of the artichoke and replace purple leaves on the top of the artichoke (see picture 2).
6. Fill the artichoke with the dressing (see picture 3).
7. Pull off leaves, dip in the dressing and eat the base of the leaf. Continue until there are no leaves and you are left with the best bit ie/ the artichoke bottom (see picture 4). This is the tastiest bit!

Dressing

Place tomato, garlic, salt, pepper, parsley and vinegar in a small bowl. Stir in the olive oil gradually. Spoon inside artichoke.

**To skin a tomato – With sharp knife remove top of core, turn tomato over and crisscross skin. Plunge into boiling water for 20 seconds, then plunge into cold water – the skin will lift off.*

Serves 4 - See next page for series of photographs...



1.



2.



3.

See next page for final picture...



4.