



A Heroic Task. Cooking Artichokes

Artichokes should be firm when squeezed.
If artichokes have fur inside the centre they have passed their best and the centres will need to be scraped out.

Artichoke Hearts Cooked in Butter

Snap off the leaves exposing the pale yellow heart.

Trim the tops and immediately rub the heart with a cut lemon

Drop the artichokes into lightly salted simmering water into which you have whisked 1/4 cup of plain flour to lessen the discoloration

Simmer until tender and leave to cool in their murky water

Drain on paper and sauté in butter until golden

Scatter with parsley and serve.

Artichokes with Peas

- 4-5 small young artichokes
- 90 ml Olive Oil
- 1 large onion, thinly sliced
- 200g peas—shelled
- 2 cloves garlic
- 1 Tablespoons chopped parsley
- 300 ml water
- Salt and Ground Pepper

Prepare the artichokes by removing outer leaves

Cut off about 1/3 of the tops and then Cut into quarters

Heat oil in a saucepan, add onions and garlic and fry until softened.

Add artichokes, peas, parsley, salt and pepper and then pour in the water and stir!

Put the lid on and cook over a moderate heat for about 20 - 30 minutes or until tender.