

Herbed Stuffed Braised Artichokes

Adapted from *Mario Batali*

Serves 4:

Ingredients

4 large, preferably long-stemmed artichokes
1 1/2 lemons
3/4 cup wine
3/4 cup olive oil
3/4 cup boiling water
kosher salt

Herb Mixture:

1 tablespoon minced fresh parsley
3 tablespoons minced fresh mint leaves
2 garlic cloves, minced
2 tablespoons chopped red onion
kosher salt and freshly ground black pepper
1 tablespoon olive oil

extra virgin olive oil for drizzle

lemon wedges for garnish

Preparation

To begin, fill a large bowl with water and squeeze a large lemon into it.

Using a chef's knife, cut an artichoke in half lengthwise; work with one artichoke half at a time.

By hand, remove the tough outer leaves until you reach the tender, light green leaves near the center.

Place the artichoke half cut side down and chop off the top third of the leaves to remove the thorny ends.

Trim stem end and, using a paring knife, peel off tough, outer skin of stem, keeping most intact.

Use the tip of a teaspoon to scoop out the fuzzy choke from the inside of the artichoke.

Pull out the coarse, spiky leaves from center until you reach the smooth, pale yellow leaves.

This will create a nice cavity to hold the herb mixture.

Repeat with remaining artichokes, placing each half immediately into bowl of acidulated water.

Drain on paper towels before using.

Prepare herb mixture: combine minced parsley, mint, and garlic in a small bowl.
Add the coarsely chopped red onion, red pepper flakes, kosher salt and freshly ground black pepper.
Stir in 1 tablespoon of olive oil until the mixture just comes together.

In a medium sauté pan, nestle drained artichoke halves in one layer in the bottom of the pan.
Spoon a teaspoon or two of the herb mixture into the cavity of each half.
Add wine, olive oil and boiling water to pan.
Squeeze a lemon half over all, add a pinch of salt, and begin to cook over medium heat.
When the liquid reaches a boil, turn the heat down to low and cover the pan.

Allow to simmer for about 45 minutes to an hour, until artichokes are tender when poked with knife.

Serve the artichokes warm or at room temperature.
Drizzle with extra virgin olive oil and garnish with lemon wedges.

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