

Stuffed and Braised Artichokes

By Alessandra Ciuffo

2 servings

Ingredients:

- 2 large artichokes, trimmed
- 1 lemon
- 1/2 cup bread crumbs
- 1/4 cup Parmigiano cheese, grated
- 2 cloves garlic, grated
- salt and pepper, to taste
- 1 tsp olive oil + 1 cup olive oil
- 2 cups chicken or vegetable stock
- parsley, chopped for garnish (optional)

Steps:

1. Begin by prepping the artichoke. Cut off the stem and 1/2 inch off the top leaves. Use a scissor to snip the sharp thorn edges of the top outer leaves and remove the tough outer bottom leaves.
2. Fill a large bowl with water and some lemon juice. Place the artichokes inside while you prepare the filling.
3. In a bowl combine the breadcrumbs, Parmigiano cheese, garlic, salt, pepper, and 1 tsp of olive oil. Mix until well combined. It should be a sandy texture.
4. Remove the artichokes from the water and tap down to spread open the leaves. Begin spooning the filling in the crevices between the leaves, making sure to well coat the artichokes. Evenly distribute the filling between both artichokes.
5. Find a pot that will tightly fit your artichokes. (For reference, I used a 3Q pot for 2 large artichokes.) Place both artichokes gently inside. They should be close together and touching. Add the stock and olive oil to the sides of the pot so that it comes up halfway up the artichoke.
6. Place the pot on the stove over medium heat. Bring to a simmer then cover and drop the heat to medium low. Cook for about 30 minutes, or until the artichoke is tender.
7. Remove from the pot, serve, and ENJOY!!!