



Artichoke & White Bean Dip

This is a simple way to enjoy artichokes when you don't want to go to all the fuss of trimming, removing leaves and scraping out chokes. Use good quality bottled artichokes, preferably stored in oil or acidulated water, not vinegar as that makes the taste too acidic; I use Colavita brand. The nett weight shown on the container will include the oil or water, so the actual weight of the artichokes will be about 50-70% of that. This dip makes a good addition to an antipasto platter, or is great served on its own with aperitivi ... for me that means a negroni sbagliato or Aperol spritz (see my Top 5 Prosecco Cocktails for the recipes).

Serves 10 as part of an antipasto

INGREDIENTS

- 400g drained preserved artichokes
- 400g canned cannellini beans, drained and rinsed
- 1 tablespoon lemon juice
- 2 cloves garlic, crushed
- 2 teaspoons salt flakes
- 160ml extra virgin olive oil, plus extra for brushing
- 2 tablespoons finely chopped flat-leaf parsley
- 1 baguette, sliced on the diagonal
- Olives, for serving

METHOD

1. Process artichokes, beans, lemon juice, garlic and salt in a food processor until well blended.
2. With the motor running gradually add oil and process until smooth.
3. Taste and add more salt or lemon juice if necessary.
4. Stir through parsley.
5. Place baguette slices on a baking tray, brush both sides with oil and toast under an overhead grill until golden.
6. Serve dip with crostini and olives on the side.