



Stuffed Artichokes

I love artichokes. I love them finely shaved raw in a salad, deep-fried Roman-style, and preserved on an antipasto plate. But most of all I love them in this very rustic dish, which you have to eat with your hands removing one leaf at a time and scraping the tender base off between your teeth. They are a little messy, but well worth it!

Serves 4 as a starter



INGREDIENTS

- 1½ cups coarse fresh breadcrumbs (about 100g/3½oz)
- 1 bunch flat-leaf parsley, finely chopped (about 1 cup)
- 7 anchovy fillets, chopped
- 2 tablespoons tiny salted capers, rinsed and drained
- 3 cloves garlic, crushed
- ½ cup extra virgin olive oil, plus extra for drizzling (125ml)
- ¼ teaspoon cayenne pepper
- Salt flakes, to taste
- 2 lemons
- 4 globe artichokes

METHOD

1. Place breadcrumbs, parsley, anchovies, capers, garlic, oil, cayenne and salt in a bowl. Juice and zest 1 lemon, add to the bowl and mix well.
2. Half fill a large bowl with cold water and squeeze half of the remaining lemon into it, place the other half alongside.
3. Working one at a time, trim the artichokes and remove the outer leaves to get to the pale green heart; see [website](#) for step-by-step guide. Remove artichokes from the water and place upside down on a clean tea towel to drain.
4. Preheat oven to 200°C.
5. Fill the centre of each artichoke with the breadcrumb mixture, packing extra mixture between the leaves.
6. Arrange artichokes in one or two wide heatproof bowls and place in a baking dish. Pour boiling water half way up the side of the baking dish, cover the baking dish tightly with foil and bake for about 30 minutes, until the base of the artichokes are tender when pierced with a thin skewer or toothpick. Remove foil and cook for a further 5 minutes.
7. Serve with finger bowls, large serviettes and a large bowl for discarded leaves.