

Stuffed Artichokes

Prepare 1 artichoke per person

Cut stem off artichoke, along with the pointed parts of leaves (use scissors for this)

Soak trimmed artichokes in salt water for several hours. Drain well.

Place in large stockpot to steam along with ½ sliced lemon and 1 whole clove garlic per artichoke. Steam/boil until you can easily stick a fork into the stem part of the artichoke.

Drain well, push rows of leaves apart and cool.

Filling for four artichokes

2 cups bread crumbs (make your own or use those with Italian seasoning)

1 T dried Basil

1 t garlic salt

1 T dried parsley

4 hardboiled eggs, peeled and grated with a cheese grater

1 cup grated parmesan cheese

1 T Anchovy paste (if desired)

Mix all ingredients well together. Add a drizzle of olive oil so that the mixture sticks together when squeezed. Starting at bottom of artichoke, fill the leaves, spiraling towards the top. Drizzle lightly with more olive oil.

Place in oven proof pan. Bake at 400 degrees, covered with foil, for 30 minutes. Uncover and continue to bake an additional 15 minutes.

Cool and serve.

To eat, pull off individual leaf, starting at bottom. Place wide end of leaf into your mouth and bite down, pulling the filling and inside of leaf off with your teeth. Discard remainder of leaf.

When you reach the center/choke –use the edge of a spoon to gently remove the needles. Eat the choke with additional salt.