

Artichoke Braised in Citrus Juices

Artichokes & citrus are a natural combination, I have braised artichokes in orange juice in recipes from Morocco and Turkey. This Sicilian classic combines citrus juices & vinegar adds salt in the form of anchovies, and uses sugar for sweetness & balance.

Source: Chef Joyce Goldstein, Square One in San Francisco,

Serves: 6

Ingredients

1 lemon, halved
6 large Ocean Mist Artichokes
1/2 cup plus 1 tablespoon olive oil
3 yellow Onions, cut in half and thinly sliced
1/2 cup fresh orange juice
1/2 cup fresh tangerine juice
1/2 cup fresh lemon juice
1/4 cup white wine vinegar
2 cups water
salt to taste
2 tablespoons salt-packed capers, rinsed
4 olive-oil packed anchovy fillets, finely minced or 2 salt-packed anchovies, rinsed, filleted and finely minced
2 tablespoons sugar, to taste
chopped fresh mint for garnish (optional)

Directions

Squeeze the juice from the lemon halves into a large bowl of cold water. Working with one Artichoke at a time, remove all of the leaves. Trim away any dark green parts from the base and the stem, trimming the stem to a length of 2 inches. If the stem seems tough, cut it off flush with the base.

Cut the Artichoke in half, lengthwise. Scoop out the prickly choke from each half with a spoon or cut it out with a paring knife. As each Artichoke is trimmed, drop the halves into the lemon water and leave them in the water until ready to cook.

In a Dutch oven, heat the 1/2 cup olive oil over low heat. Drain the Artichokes and add them to the oil along with the Onions, citrus juices, vinegar, water and one teaspoon salt. Mix well, cover and cook very slowly until the Artichokes are tender when pierced with a knife (35 to 40 minutes).

Using a slotted spoon, transfer the Artichokes to a serving bowl. Return the pan to high heat and add the capers. Cook over high heat until the sauce is reduced and thickened (10 to 15 minutes).

In a small sauté pan or saucepan, warm the anchovies in the remaining 1 tablespoon of olive oil over low heat. When they have dissolved, add them to the sauce along with the 2 tablespoons sugar. Cook for 5 minutes longer, then taste and adjust the sweetness of the sauce with more sugar if necessary.

Spoon the sauce over the Artichokes. Serve at room temperature, garnished with mint, if desired.