

## Crispy Artichoke Delights

Sliced, trimmed baby artichokes cooked simply in olive oil become golden, crisp delights. Serve them on their own as a nibble before dinner or as part of an antipasto plate.

### INGREDIENTS:

- 2 Tbsp. lemon juice or white wine or distilled vinegar
- 2 lbs. baby artichokes
- Olive oil
- Coarse grain or kosher salt

### PREPARATION:

1. Prepare a large bowl of cold water and add lemon juice or vinegar. Trim stem ends and outer leaves from artichokes, leaving just the tender pale yellow-green leaves. Cut off tips of leaves and remove any dark green or fibrous parts along bottom of artichoke. Thickly slice artichokes and drop in the acidulated water.
2. Set up a drying rack over a baking sheet near the stove. Drain artichokes and pat dry. In a large heavy pot heat 1/2 inch olive oil. Add an artichoke slice, if it sizzles immediately, add enough artichokes slices to form a single layer across the oil. Adjust temperature to keep artichokes sizzling. Swirl them around a bit and scrape away any artichoke that sticks to the edge of the pot.
3. With a slotted spoon to strainer, transfer artichokes to drying rack and let drain. Repeat with remaining artichoke slices. Serve hot or warm sprinkled with salt.

## Lemony Artichokes with Feta and Oregano Recipe

### Ingredients

1 quart cold water  
1/4 cup plus 1 Tbsp lemon juice  
8 baby artichokes (see Note)  
4 tsp olive oil  
2 tsp unsalted butter  
4 cloves garlic, minced  
About 3/4 cup chicken stock or water  
Salt and freshly ground pepper  
2 tsp finely chopped fresh oregano leaves  
2 ounces sheep's milk feta cheese, crumbled (about 1/3 cup; or use cow or goat milk feta)

### Instructions

In a large nonreactive bowl, combine the water and 1/4 cup of the lemon juice.

Cut 1/2 inch off the top of one artichoke. Cut off the stem. Next, peel off and discard most of the outer leaves until you reach the tender, light green inner leaves. You will be removing more than half of the leaves. Cut the artichoke in half lengthwise, and then cut each half lengthwise again to make quarters. Put in the bowl of acidulated water. Repeat with the remaining artichokes. Set aside.

In a large saute pan, heat the olive oil and butter over medium heat. Add the minced garlic and cook for 1 minute. Remove the artichokes from the acidulated water, shake off the excess water, and add them to the pan.

Saute, stirring frequently, just until the edges of the artichokes begin to turn brown and become caramelized, about 6 to 8 minutes. Add 1/2 cup of the chicken stock and cover. Cook the artichokes, stirring occasionally, until they are tender but still firm, about 10 minutes. If the artichokes or garlic is sticking to the pan, add a tablespoon or two of stock or water. You want to keep the amount of liquid to a minimum, but you naturally don't want the artichokes or garlic to burn. (The garlic, however, will have turned a dark brown color.) Remove the cover and turn the heat to high. Add the remaining 1/4 cup chicken stock and bring to a boil. Reduce the liquid to 1 tablespoon. Reduce the heat to medium, and add the 1 tablespoon lemon juice, salt and pepper to taste, and the oregano. Stir well. Place artichokes on a serving platter or individual plates. Top with the cheese and serve immediately.