

Camille's Italian American Cooking

Stuffed Artichokes

4 large artichokes (pick firm ones that are bright green. Avoid brown streaks)

2 lemons

1 tablespoon of butter

1 tablespoon of extra virgin olive oil, plus 1/4 cup extra virgin olive oil

2 large garlic cloves, chopped

Kosher salt and crushed black pepper.

2 cups Italian bread crumbs

1/2 cup Parmigiano-Reggiano cheese, grated (any high quality Italian grated cheese works!)

2 tablespoons parsley, chopped,

Squeeze the juice of one lemon into a large bowl of cold water. Working with one artichoke at a time, cut off the top of each artichoke with a serrated knife so that the top is flat. With kitchen shears, cut off the tips of any remaining leaves and trim any smaller outer leaves. Cut off each stem completely so that the artichoke stands up. Reserve the stems. Add each artichoke to the water after trimming until ready to be stuffed. With a vegetable peeler peel the hard core around the stems. Mince the stems.

Warm butter and extra virgin olive oil in a sauté pan over medium heat. Add the stems and garlic to the sauté pan and cook until tender. Add salt and pepper. Take sauté pan off the heat and allow mixture to cool for a few minutes. Add breadcrumbs, grated cheese, the remaining extra virgin olive oil, and parsley. Mix very well. Open the stems of each artichoke and fill with the breadcrumb mixture.

Choose a pot that will fit the artichokes standing up snugly. Add an inch of water, the juice of one lemon, a splash of extra virgin olive oil, a teaspoon of salt and sprigs of fresh parsley to the bottom of the pot. Cover the pot and cook the artichokes on medium to low heat for about an hour or until you a leaf can be gently pulled out. If water gets low on bottom of pot during cooking time add a bit more. Place the artichokes in a baking pan. Drizzle olive oil on top and place in broiler for 5 minutes or until top is a golden brown. Sprinkle with grated cheese and parsley and serve with lemon wedges.