

SUZANNE BROWN



~~SUMMER~~™

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Spring

# Stuffed Artichokes

4 large artichokes

1 lemon, sliced in half

2 cups dried plain bread crumbs

1 cup grated Italian cheese (Parmesan, Pecorino Romano, Asiago)

1/3 cup chopped flat-leaf parsley leaves

1 tsp. black pepper

8-10 cloves garlic, finely chopped

Olive oil

Chicken stock (or water)



Preheat oven to 425°.

Cut stems from bottoms of artichokes so they sit flat. Next, cut about 1/4 to 1/3 off the top of the artichoke, then pull off the tough outermost leaves and trim any sharp tips from exposed leaves with scissors. Rub the outsides of the artichokes with the lemon halves, opening up the leaves like a flower as you work.

Combine bread crumbs, cheese, parsley, pepper, and garlic in a large bowl. Working over the bowl, begin sprinkling the stuffing over one artichoke at a time, using your fingers to work the mixture between the leaves. Transfer stuffed artichoke to a shallow glass baking dish, then continue stuffing the remaining three.

Drizzle artichokes with bit of olive oil. Add about 1 inch of chicken stock or water to the baking dish, then cover with foil. Bake for 45 minutes - 1 hour, or until outer leaf pulls off easily, then finish them under the broiler for a few minutes until golden.

Serve with lemons on the side. *Makes 4 servings.*