ARTICHOKE A LA BARIGOULE

Juice of 1 lemon
8 large artichokes
1/3 cup extra virgin olive oil
3 garlic cloves, peeled and crushed
2 tablespoons flat-leaf parsley leaves, stems reserved
1 white onion, finely sliced
1 bulb fennel, finely sliced
2 carrots, sliced on a bias, about 1/4 inch thick
1 stalk celery, sliced on a bias, about 1/4 inch thick
Kosher salt
Freshly ground black pepper
4 cup white wine
4 c water

Method:

Fill a large bowl with water, and add lemon juice. Peel the dark green outer leaves from the artichokes, and peel stem to remove fibrous outer layer. Cut off spiny tops of leaves. Cut artichokes lengthwise into quarters, and remove chokes. Immediately add artichokes to water.

In a large pot, warm olive oil over medium low heat. Add the garlic, parsley stems, onion, fennel and celery. Season lightly with salt and pepper. Gently cook vegetables until onions are translucent but not brown, stirring frequently, about 10 minutes. Add white wine, and cook until reduced by 1/2.

Add artichokes to pot, and pour broth or water over them. Bring to a boil, then reduce heat and simmer, covered, until artichokes are tender, offering no resistance when pierced with a knife, about 35 minutes. Taste and adjust seasoning if necessary.

Recipe courtesy of Chef Ben Spungin, Alta Bakery + Café in Monterey, CA.

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