

Braised Italian artichokes alla Romana

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Braised Italian Artichokes alla Romana are as authentic as it gets. Stuffed with breadcrumbs, cheese, garlic, and fresh parsley, they've always been a family favorite in our home. Growing up, my mother made them with the artichokes she grew in our garden. Sometimes she stuffed and braised them on their own, and other times she cooked them alongside the fresh fava beans she harvested each spring.

This recipe is a perfect example of traditional Italian cooking, where simple, seasonal ingredients come together to create something truly special. The flavors are humble yet incredibly delicious, proving that good cooking doesn't have to be complicated.

And while I have fond memories of garden-fresh artichokes, you certainly don't need to grow your own to make this recipe. Just look for fresh, firm artichokes at your local grocery store or farmers market, and you'll be well on your way to creating this classic Italian dish at home.

Tips for success when making braised Italian artichokes alla Romana

For this Braised Artichokes alla Romana recipe, the best artichokes to use are the smaller, more tender varieties often

called baby artichokes or Italian globe artichokes, if you can find them. Look for artichokes that feel firm and heavy for their size, with tightly packed leaves and no browning or dryness on the tips.

When it comes to cleaning them, don't be intimidated – it just takes a little patience. Start by snapping off the tough outer leaves near the base until you reach the softer, pale green leaves underneath. Using a sharp knife, trim about an inch off the top of the artichoke, then use a vegetable peeler to remove the tough outer layer from the stem. If the fuzzy choke has developed inside, scoop it out with a spoon, though smaller artichokes may not have much at all. As you work, rub the cut sides with lemon to prevent browning, then place the cleaned artichokes into a bowl of lemon water while you finish the rest.

Once the artichokes are cleaned and stuffed, place them upside down in the pan with the stems facing up so the filling stays tucked inside. Nestle them tightly together, then leave them alone – this part is important. Once they're in the pan, resist the urge to move them around. Let them slowly braise in the seasoned liquid until perfectly tender.

This recipe is a bit of a labor of love, but the result is absolutely worth it. The artichokes become tender, flavorful, and melt-in-your-mouth delicious. If you've never made Italian Braised Artichokes alla Romana before, consider this your sign to try them. Once you taste them, you'll want to make them again and again.

These stuffed artichokes pair deliciously with my ROSEMARY GARLIC SEARED LAMBCHOPS for a delicious restaurant-quality meal. Or along side my perfectly wine reduction filet mignon

Ingredients

- 3-4 medium size globe artichokes
- 1 lemon
- 2 thinly sliced garlic cloves
- 1/2 cup good quality extra virgin olive oil
- 1 cup white wine
- 1 cup chicken stock
- FOR THE FILLING
- 2 cups breadcrumbs
- 1/2 cup grated parmesan
- 1 Tbsp. finely minced garlic
- 1 Tbsp. olive oil
- salt and pepper to taste

Instructions

1. Fill a large bowl with water and the juice from 1 lemon.
2. Trim the stems, leaving about 1 inch. Peel the stems with a paring knife. Remove the tough outer leaves until you get to the pale green/yellow tender ones.
3. Slice off the tough top third of the artichokes.
4. Gently open the center and remove the tough choke using a spoon(if present)
5. Use the sliced lemon and rub each artichoke.
6. Place the cleaned artichokes in the lemon water to prevent browning while making the filling.
7. MAKE THE FILLING: Mix together the breadcrumbs, garlic, parmesan cheese, parsley and 1-2 Tablespoons of olive oil. Mix until well combined.
8. Remove the artichokes from the water, pat dry . Place 2 Tablespoons of the filling into the center of each artichoke.
9. Place the olive oil in a large pot large add the garlic and cook for 1 -2 minutes to infuse the oil. Don't allow the garlic to brown. Then add the wine and chicken

stock. Place the artichokes in the pot stem up and filling side down. (they should fit snugly) and the liquid should come about 1/3 of the way up. If the stems are too tall to allow for the pot to be covered just cut the stems shorter and put them in the pot.

10. Cover and simmer over low heat for 30-40 minutes or until tender. Serve warm or at room temperature with some of the braising liquid served on top. ENJOY!!!!