

Braised Italian artichokes alla Romana

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Braised Italian artichokes alla Romana are as authentic as it gets. Stuffed with breadcrumbs, cheese and parsley they're a family favorite. My mother would make them from the artichokes she grew in our garden. Sometimes she stuffed them and sometimes she would braise them with the fava beans she grew.

This artichoke recipe is typical of Italian cooking , where simple, seasonal, ingredients come together with delicious results. You don't have to grow your own artichokes to make this artichoke recipe- just pick up some fresh ones from your grocery store or local farmers market.

Tips for success when making braised Italian artichokes alla Romana

For this braised artichoke alla Romana recipe, the best artichokes to use are the smaller , more tender ones often called" baby artichokes" or Italian globe if you can find them. Look for ones 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 ones. Trim the top inch or so off the artichoke using a sharp knife, and a vegetable peeler to shave the tough outer layer from the stem. Then , with a spoon scoop out the fuzzy choke in the center if it's developed (smaller ones may not have much) . Rub the cut parts with a sliced lemon right away to keep them from browning. Then drop them in the bowl of lemon water while you clean the rest.

Once the artichokes are cleaned and stuffed, they are placed in the pan upside down with the stem up-so the filling stays in place. Nestle them tightly, then leave them alone. This is important: once they're in the pan, don't move them around. Let them slowly braise in the seasoned liquid until tender.

It's a bit of a labor of love, but once they're stuffed and gently braised they become melt in your mouth delicious. If you've never made braised Italian artichokes alla Romana, this is your sign to try this recipe. Trust me- once you taste them, you'll be making them often. Let me know if you do-I'd love to hear how they turned out. THANKS!!! 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!!!!