

# Stuffed Artichokes

## Ingredients:

4 medium to large Artichokes  
1 Lemon  
½ cup Extra Virgin Olive Oil, plus some for drizzling  
2 Tbsp. Anchovy Paste  
4-5 large garlic cloves, grated  
½ tsp. crushed Red Pepper Flakes  
2 cups freshly grated Italian Bread crumbs  
1 bunch flat-leaf Italian Parsley, chopped  
1-2 tsp. freshly ground Black Pepper  
1 cup grated Parmigiano-Reggiano cheese,  
(can substitute regular Parmesan)

## Directions:

Trim the artichokes by cutting off the stems and tops with a sharp knife. You want them to “sit up”. Snip the tips of the side leaves with scissors. Rub all the cut surfaces with cut lemon halves and place in cold water with lemon halves.

Heat the ½ cup of oil in a skillet over medium-low heat. Add the anchovy paste, garlic and red pepper flakes and cook for 3-4 minutes until all is combined. *(you can substitute 2 oz. of thin flat anchovies, drained, if you can't find the paste)*

Add the breadcrumbs and toast until golden. Season with parsley and black pepper, to taste. Remove from the heat, add the cheese, and toss to combine.

Take your artichokes out of the water, and turn upside down to drain on paper towels. Press the bread mix into the center and each leaf of the artichoke. Place artichokes into a large saucepan, with 2- 2 ½ inches of water. Drizzle a little oil over the top of each artichoke. Cover and place the pan on the stovetop over medium-medium high heat. When water comes to a boil, turn down the heat, make sure cover is on tight and simmer for 45-60 minutes. Artichokes are done when you can easily pull out the leaves. Check the pan every so often to make sure water does not evaporate, as the bottoms will burn.

Remove artichokes with a slotted spoon. Let sit a few minutes to cool and ENJOY!!

*You can also completely cool them and store in the refrigerator in a sealed container for later use.*