

University Square
4343 Pacific Avenue - Suite B-1
Stockton, CA 95207
(209) 952-1966

*Dedicated to helping you create
loving memories in your kitchen*

SUMMER HOURS: Tuesday – Friday: 10:00am – 5:30pm; Saturday 9:30am – 4:30pm
www.beyondpotsandpans.com

*Recipes excerpted and adapted from **Chez Panisse Vegetables** by Alice Waters. Published by HarperCollins Publishers, Inc. Copyright 1996. Reprinted with permission of the publisher. All rights reserved.*

Artichokes Baked with Anchovy Stuffing

Serve as a side dish to roasted meat or poultry, as a light entrée, or as a first course with aioli and a garden salad.

4 large artichokes
Juice of 1/2 lemon
3 onions
6 cloves garlic
2 tablespoons olive oil
4 sprigs thyme
1/4 to 1/2 cup white wine
Salt and pepper
3/4 cup pitted niçoise olives

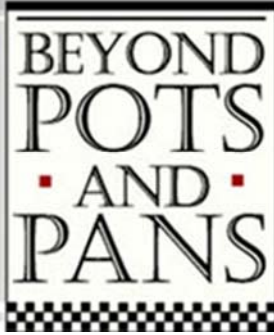
Stuffing:

Zest of 1/2 lemon
2 tablespoons chopped parsley
2 salt-packed anchovies
1-1/3 cups toasted bread crumbs
Salt and pepper

Splash of white wine
Extra-virgin olive oil
Balsamic vinegar
A few sprigs thyme
Parsley

Pare the artichokes down to their hearts and scoop out the chokes with a spoon. Drop the hearts into water acidulated with lemon juice (or rub them with a little olive oil) to prevent them from discoloring. Set aside.

Peel the onions and garlic and slice very thin. Heat the olive oil in a sauté pan, add the onions, garlic, and sprigs of thyme, and cook slowly for 10 minutes, until the onions have softened. Add about 1/4 cup of the white wine and cook 2 minutes more. Season to taste. Reserve about 1/4 cup of this onion mixture and set aside. Spread the rest of the onion mixture in a small, nonreactive baking dish large enough to hold the artichokes. Scatter the olives over the onions. Preheat the oven to 375° F.



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Artichokes Baked with Anchovy Stuffing *(continued)*

To make the stuffing, grate the zest from the lemon; chop the parsley; and rinse, fillet, and chop the anchovies. Mix together with the reserved onion mixture and the bread crumbs.

Stuff each artichoke with one quarter of this mixture and place the artichokes stuffed side down on the bed of onions and olives in the baking dish. Season generously with salt and pepper. Splash a little white wine over them and drizzle with olive oil and a few drops of balsamic vinegar. Strew with a few sprigs of thyme, cover the artichokes with parchment paper, and cover the baking dish tightly with foil. Bake for 60 to 90 minutes, until the artichokes can be easily pierced with a knife. Garnish with chopped parsley.

Serves 4.