

Artichokes Peasant's Way **“Carcocciuli a Viddanedda” (Sicilian) – “Carciofi alla Contadina” (Italian)**

This recipe is simple and fast but very tasty. It can be prepared and stored in the refrigerator for a couple of days. Then it can be heated and eaten warm.

Prep Time: 10 minutes

Cook Time: 15 – 30 minutes depending on the tenderness of the artichokes.

Ingredients for 4 servings:

8 artichokes
8 cloves garlic
8 stems of parsley
8 tablespoons Nonna Angelina's Extra Virgin Olive Oil
sea salt

Directions

Cut the stem of the artichokes, open the petals and wash under running water then place them upside down to drain.

Place the artichokes in a high pot. Make sure that they stand up so use a pot not too big. Mince the garlic and the parsley and place it between the petals.

Add a little salt and one tablespoon of the EVOO in the middle of each artichoke.

Add 2,5 inches of water, cover and place the pot on the stove with high heat.

When boiling, lower the heat and let it cook until the petals pull easily.

Don't overcook.

Buon appetito!

