

ARTICHOKE VINAIGRETTE

VINAIGRETTE

¼ cup good wine vinegar

2 cloves garlic crushed

1 teaspoon finely ground sea salt

3 teaspoons prepared Dijon mustard

1 cup extra virgin olive oil

very large handful finely chopped parsley

1 bunch spring onions/chives finely chopped

6 large globe artichokes

METHOD

1. Make the vinaigrette dressing by placing the vinegar and mustard in a leak proof bottle and shaking well until the mustard is dissolved. Add the oil.
2. Then add the parsley and spring onions/chives, salt and pepper and shake until well amalgamated and creamy. Set aside.
3. To prepare the artichokes, wash them well and if the tips of the leaves are spiky, use a pair of scissors to trim them down a wee bit.
4. Bring a very large saucepan of cold, salted water to the boil.
5. Put the artichokes into this. If the stems are too long to fit, cut them off and boil them in the same saucepan.
6. If the artichokes pop up in the water, take a large heat proof bowl and fill it half full with water and put that on top of the artichokes and it will weigh them down.
7. Bring the water up to the boil again and gently, at a rolling boil, cook the artichokes until they are cooked. If a leaf comes away easily when pulled of the artichoke then it is cooked.
8. Drain the artichokes well by turning them upside down and then place them in a large bowl or dish alongside one another with the leaves pointing upwards.

9. Pour a good amount of dressing into each artichoke and leave them to marinade until ready for eaten.
10. They are eaten by pulling each leaf separately away from the whole artichoke and eating the very small bit of tender artichoke at the bottom of the leaf. When all leaves have been removed and eaten the choke will be exposed.
11. Use a knife to prise the choke, which will be clearly visible, from the base of the artichoke. What remains then is the heart which is delectable.
12. Dip this into any remaining dressing and enjoy!