Pomì
O Così. O Pomì.

Stewed artichokes



Preparation time: 30 min
Difficulty: Medium

Ingredients

- Artichokes: 4
- Extra-virgin olive oil: 1 tablespoon
- Fine salt: to taste
- Freshly ground black pepper: to taste
- Garlic: 1 clove
- Italian parsley: 4 sprigs
- Lemon: 1
- Vegetable broth: 0.4 cups

Preparation

Stewed artichokes are an exquisite Italian side dish. Here's how to prepare them.

Clean the artichokes by removing the outer leaves and tips.
Cut them in half, clean them and place them in acidified water with a few drops of lemon for about 10 minutes.
It is also possible to use the first 10 inches of the stems: remove the most external portion, which is the toughest, using a potato peeler and cut them. Add them to the acidified water. Wash the parsley, pick the leaves and chop them coarsely on a chopping board together with the garlic. Heat the broth.

Grease a right size pan (where all the artichokes can fit in one layer) with the oil and place the artichokes and stalks in the pan.
Sprinkle the artichokes with a handful of chopped ingredients, a pinch of salt, freshly ground black pepper and place the pan over high heat. Let them sizzle, brown them for a couple of minutes, then add two ladlefuls of vegetable broth and *Pomì* Organic Strained Tomatoes, cover and cook over medium heat for 15 minutes. Check from time to time and add more broth if the cooking sauce gets too dry.

At the end of the cooking, uncover the stewed artichokes, let the sauce dry a bit, then adjust the salt and serve.

For this recipe we used:

Organic Strained Tomatoes 3.5 oz.

