

SEE-LA's Farm to Table Program presents

Good Cooking

“All About Artichokes” Demo

Springtime Spread of Artichokes and Favas

An alternative to dipping leaves in a sauce and using your teeth to eat the artichoke meat off the leaves. This recipe is ideal if you have used the artichoke hearts in a different preparation.

INGREDIENTS

Leaves of 4 large artichokes
1 cup fresh fava beans, shelled
(about 1 pound in the pods)
1 large cloves green garlic, peeled
and minced
¼ cup extra-virgin olive oil, plus
extra if needed
Juice of half a lemon
Salt
1 tbsp. finely chopped fresh parsley
1 tbsp. finely chopped mint
Small slices of rustic bread, broiled
with a little olive oil

METHOD

1. Steam leaves for 15-20 minutes until tender and meat is easily removed.
2. While leaves are steaming, bring a large pot of salted water to a boil over high heat. Add favas and blanch until skins can be easily removed and beans are barely cooked, about 4-5 minutes. Drain, refresh in cold water, then slip off and discard skins.
3. Scrape the meat from the leaves using a spoon or the back of a chef's knife and place in a mortar and pestle. Add favas and garlic to artichokes, drizzling in olive oil and working it in until the mixture is smooth and spreadable. Add lemon juice to taste. Work in more olive oil if needed. Add herbs, and season with salt and pepper. Spread on toasted bread and serve.

Recipe source: Cynthia Agustin, SEE-LA's Good Cooking program