

Globe artichokes with prosciutto



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Preparation 40 mins | Cooking 20 mins | Serves 4

2 lemons
6 plump artichokes

To serve
8 thin slices prosciutto
Grilled sourdough bread
Aioli or mayonnaise
Lemon wedges
Extra virgin olive

STEP 1 Add the juice of one lemon to a large bowl of cold water. Trim the stem of an artichoke leaving about 5-8cm stem attached. Remove the tough outer leaves and slice one third off the top of the artichoke then peel the stem. Place in the lemon water and repeat using remaining artichokes.

STEP 2 Bring a large saucepan of salted water to the boil over high heat. Add the juice of the remaining lemon (also add the squeezed lemon to the pan). Drain artichokes and plunge into the boiling water. Cover with a sheet of baking paper. Reduce heat to medium-low, partially cover and gently boil for 20-25 minutes until tender when tested at the base of a stem with a skewer. Drain, refresh in cold water and cool. Remove the tough outer leaves and halve artichokes lengthways. Remove prickly centre.

STEP 3 Serve artichokes with prosciutto, grilled bread, aioli or mayonnaise and lemon wedges. Drizzle with olive oil and season with salt and pepper.

Good for you...

GLOBE ARTICHOKEs

An excellent source of dietary fibre which helps the intestine function normally. Provides potassium which helps normal muscle function and also vitamin C - important for the normal functioning of the body's immune system.

