

# ARTICHOKES (GLOBE) "BARIGOULE" STYLE

## 1. PICTURE RECIPES – Appetizers (September (SPRING) 2015)

### Equipment and Tool needed:



*Cutting board, Chef's knife, Peeler, Paring knife, Baller, Citrus juicer, Saucepan, Baking tray, Aluminium foil (not in picture – strainer, bowl, wooden spoon, whisk)*

### Ingredients needed:



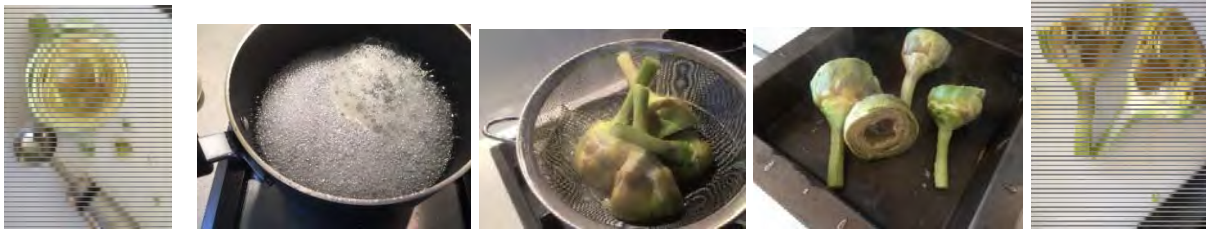
*Fresh Globe Artichokes, Flour plain, Lemon, Salt cooking, Olive oil cooking, Onions brown, Garlic fresh, Carrots, Celery, Leek, Fresh thyme, flat parsley and rosemary, Bay leaf, Clove, White wine cooking (Chardonnay), Chicken stock (water), Sea salt flakes (Fleur de sel), Black Pepper from the pepper mill, Olive oil extra virgin, Garlic grass*



## Preparation / Cooking Globe Artichokes:



1. Make lemon water (to keep Globe Artichokes after preparation / peeling)
2. Cut top (50%) of Globe Artichoke off
3. Then cut off ½ of the stem, take off leaves around the artichoke bottom
4. With a Paring knife peel off all skin (green) around stem and bottom
5. Keep in lemon water (PS: Globe Artichokes turn brown very quickly!)



6. With a baller take out the hairy bits from the heart of the Globe Artichoke, put back into lemon water
7. Make Blanching stock (water, lemon juice, salt cooking and flour plain (whisked in)). The flour will keep the Globe Artichoke white (no discolouring)
8. Blanch for 1-2 minutes, refresh with cold water and strain off.
9. Set aside in baking tray to cool down, cut in half lengthwise

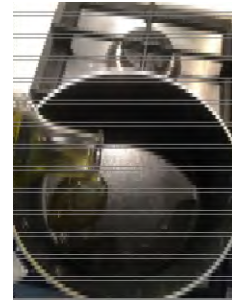
## Preparation / Cooking Braising Liquid:



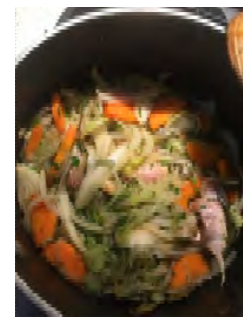
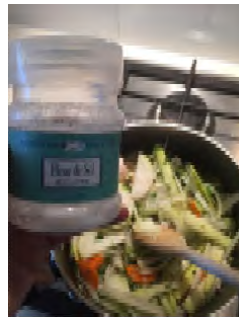
10. Slice onions and carrots
11. Cut leek into fine strips
12. Cut celery into cubes
13. Crush whole garlic clove (with skin) with flat side of the Chef's knife



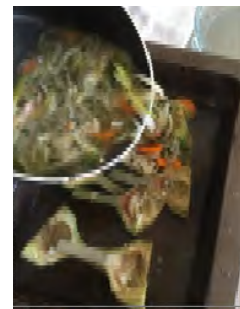
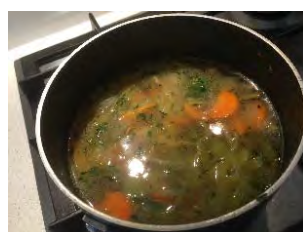
## Preparation / Cooking Braising Liquid:



14. Roughly chop parsley flat (including stems)
15. Roughly chop up fresh herbs (Thyme and Rosemary)
16. Heat up saucepan, add Olive oil cooking



17. Add onions, carrots, celery and garlic. Sautéing for 2-3 minutes
18. Season with Sea salt flakes (Fleur de sel) and Black pepper from the pepper mill
19. After the onions, carrots, celery and garlic have slightly caramelized (still translucent), add leek, herbs, Bay leave and clove, continue sautéing for another 2-3 minutes



20. Deglaze with white wine, reduce, add / fill up with chicken stock (water)
21. Bring to the boil and let simmer for 2-3 minutes
22. Pour (not boiling hot) over pre-prepared Globe Artichokes in baking tray. PS: ensure that all artichokes are covered with the braising liquid





## Preparation / Cooking Globe Artichokes



23. Sprinkle with some freshly squeezed lemon juice and chopped parsley flat
24. Cover with Aluminium foil (make some holes)
25. Braise (slow cook) in the oven by 150 C (conventional oven –top and bottom heat) for approximately 35-40 minutes



26. Take out from the oven, place Globe Artichokes neatly in serving dish
27. Pour braising liquid into saucepan and reduce by half
28. Finish up with some olive oil (extra virgin), lemon juice (if needed) and seasoning
29. Pour over Globe Artichokes (let stand for 10-15 minutes before serving to infuse all flavours into the Artichokes), sprinkle with cut Spring Garlic grass



30. Best served warm (not cold) with some rustic bread, marinated black (Kalamata) olives, some pieces of Parmesan cheese (Padano or Reggiano), shaved Bayonne ham (French version of Parma ham)
31. Served as an Appetizer (French style of Antipasto in the middle of the table or together with an Aperitif / Apero (a drink combined with a bite or snack before a meal) like a Prosecco (Sparkling wine), a crisp Chardonnay or a tangy Sauvignon Blanc.

Bon Appetite - Chef & Guide Dog User Martin  
[www.enabledcooking.com](http://www.enabledcooking.com)

