

Artichokes (Globe) “Barigoule” style

Quantity 4 Port.
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Category APPETIZERS (warm)
Time Preparation time 30 minutes Cooking time 35-40 minutes

Ingredients

<u>QUANTITY</u>	<u>UNIT</u>	<u>PRODUCE</u>
4	PC	Globe Artichoke fresh (medium size)
½	PC	Lemon juice fresh
	Some	Flour white
1	PINCH	Salt cooking

BRAISING LIQUID

20	ML	Olive Oil cooking
150	GR	Onions brown fresh
3	PC	Garlic Clove fresh
100	GR	Carrots fresh
50	GR	Leek fresh
50	GR	Celery fresh
20	GR	Thyme fresh
20	GR	Parsley flat fresh
10	GR	Rosemary fresh
1	PC	Bay leave
1	PC	Clove
150	ML	White wine cooking (Chardonnay)
300	ML	Chicken stock white (or) water
	As needed	Sea salt flakes (Fleur de sel)
	As needed	Black pepper from the pepper mill

<u>QUANTITY</u>	<u>UNIT</u>	<u>PRODUCE</u>
30	ML	Olive Oil extra virgin
½	PC	Lemon juice fresh
5	GR	Garlic grass fresh (Spring Garlic)

Mise en place / Pre-Preparation

- Prepare Artichokes (see Picture Recipe)
- Blanch Artichokes in white stock, let cool down and cut in half (lengthwise)
- Prepare braising liquid
- Place Artichokes into a baking dish, cover with warm braising liquid
- Braise (covered with Aluminum foil) in oven by 150 C for approx. 35-40 minutes
- Take Artichokes out (arrange on serving platter)
- Reduce braising liquid by half, add seasoning, lemon juice and olive oil (extra virgin)
- Pour over artichokes (let rest for 10-15 minutes before serving), sprinkle with cut Spring Garlic grass

Follow instruction on my [Picture Recipe](#) for this dish / recipe (click on link below) for METHOD (preparation and cooking), PLATING / SERVING and EQUIPMENT / TOOLS needed

Remarks / Comments:

- Can be served hot or cold
- Serve with fingerbowl and napkin(s).

Serving Suggestions: best served warm with some rustic bread, shaved Bayonne (French version of Parma ham) with pieces of Parmesan cheese (Padano or Reggiano) and marinated black (Kalamata) olives | with a glass of Prosecco (Sparkling wine), a crisp Chardonnay or a tangy Sauvignon Blanc.

