

ARTICHOKES ALLA GIUDIA

INGREDIENTS

- 6 Roman artichokes
- 1.5 l extra virgin olive oil
- Juice of 1 lemon
- Black pepper to taste
- Salt to taste

PREPARATION

First clean the artichokes by removing the toughest outer leaves, the purple part of the inner leaves and the hard part of the stem. Immerse them in water and lemon juice and leave to stand for 10 minutes. Then drain, dry and beat gently against each other for the leaves to start opening. Heat the oil up to 140/150°C in a deep pan, immerse the artichokes, which must be completely covered, and cook for 10-15 minutes. Remove them from the oil and leave to cool upside down for about twenty minutes; season the inside of the artichokes inside with salt and pepper and then sprinkle with a little water. Immerse them again in the oil, raising the temperature only slightly so as not to burn them and remove after approximately one minute. Leave them to dry again on kitchen paper and serve hot.