



ARTICHOKES WITH HONEY & MUSTARD VINAIGRETTE

Categoria: Side dishes **Tempo di preparazione:** 10 minutes **Difficoltà:** molto facile



Ingredienti per 4

- 4 globe artichokes (1.3kg)
- 8 slices sourdough bread (350g)
- 5 tbsp extra virgin olive oil
- 1 tbsp honey
- 1 tbsp wholegrain mustard (20g)
- Juice 1 lemon

Preparation time: **10 minutes**

Cooking time: **20-25 minutes**

Serves: **4**

Method

Remove the tough leaves from the base of the artichokes and cut off the stems.

Cook in a large pan of boiling water for 20-25 minutes, depending on the size.

If a leaf from the centre comes away easily, they are cooked.

Remove from the water and drain upside down.

Brush the bread on both sides with 2 tbsp oil and griddle for 2 minutes each side.

Whisk the remaining oil with the honey, mustard and lemon juice, season.

Serve by pulling off the leaves and dipping the fleshy part in the dressing.

Do this until the leaves have been removed.

Remove and discard the 'hair', or choke, with a teaspoon to reveal the artichoke heart and again dip in the dressing.

Serve with the griddled sourdough.

Cooks tip: Delicious as a starter or as part of a summer buffet.

