PROVENCE-STYLE ARTICHOKES

Categoria: Side dishes **Difficoltà:** molto facile

Ingredienti per 1

- 3 artichokes
- 1 carrot finely chopped
- 1 onion finely chopped
- 2 bay leaves
- 1 celery stalk
- 5-6 mint leaves
- 2 anchovy fillets
- 100 ml white wine
- 250 ml chicken stock

Method:

Chop the carrot, onion and celery very finely.

Sauté the chopped vegetables gently in a saucepan in a little olive oil, then add the bay leaves and anchovy fillets.

Add the cleaned artichoke hearts whole.

Add the white wine and let it evaporate.

Then add the chicken stock and mint and leave to simmer for another 10 minutes.

Remove the artichokes, then liquidise the chopped vegetables and strain.

Put the sauce in a frying pan and sauté the artichoke hearts for a few minutes.

Arrange the artichokes on the plate and dress with the sauce.

Good meal from the Chef **Nicholas Duonnolo** de **“La Ménagère”**!

Enjoy it’s from Europe!