

# Italian stuffed artichokes



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Recipe by: Laura Vitale

Makes 20 halves

**Prep Time: 1 hours 0 minutes**

**Cook Time: 1 hours 30 minutes**

## Ingredients

- \_\_ 10 Small Tight Artichokes
- \_\_ 1 Large Yellow Onion, finely chopped
- \_\_ 4 Cloves of Garlic , minced
- \_\_ 1/4 cup of Olive Oil
- \_\_ 5 oz (about 1/3 of a loaf of ciabatta) of stale Italian bread
- \_\_ 1/2 cup of Freshly Grated Parm
- \_\_ 4 oz of Prosciutto, finely chopped
- \_\_ 4 oz of Mild Provolone or Mozzarella, finely chopped
- \_\_ 1/4 cup of Freshly Chopped Parsley
- \_\_ Salt and Pepper, to taste
- \_\_ 2 cups or so of Chicken Stock
- \_\_ 1 cup or so of Dry White Wine
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1) Fill a large pot with water, add the juice of 1 lemon (throw the lemon halves in there as well) and set aside.

2) Clean the artichokes by removing the bottom 3 layers of leaves, trim the stem, cut the top of the artichoke, cut in half lengthwise, remove the choke and any other rough pieces, add the cleaned artichoke to the pot with the lemon water, continue to clean the rest the same way.

Note: Watch the video for clear instructions on how to clean them properly (it's hard to explain).



3) Drain the lemon water, fill the pot with clean water, add a generous pinch of salt, bring to a boil and boil them for 30 to 45 minutes or until the artichokes are about 3/4 of the way cooked. At this point, preheat the oven to 350 degrees.

4) Meanwhile, make the stuffing. Cook the onions and garlic in the olive oil, season with a pinch of salt and allow them to cook until softened and translucent, remove from the heat and set aside. Pulse the bread in a food processor until it turns to bread crumbs, add to a large bowl along with the parm, prosciutto, provolone, parsley, cooked onion mixture, salt and pepper, and 1/4 cup of the artichoke cooking water, mix with a fork until all combined and set aside until the artichokes are ready.

5) Once the artichokes are ready, drain them, place them cut side up in a baking dish, gently stuff each one with the stuffing, then pour enough chicken stock and wine to have about an inch of liquid in the bottom of the pan.

6) Bake the artichokes for about 45 minutes or until the top is golden brown and crispy, drizzle the wine juices over top before serving.