

Artichoke Hearts in Olive Oil

INGREDIENTS:

Servings: 6 people

Lemon juice	1/2 cup
Fresh or frozen young artichokes	6-8
Water	2 quarts
Olive oil	1/4 cup
Peeled garlic cloves	3
Salt and white pepper	to taste
Thin lemon slices	from 1 lemon

TOOLS:

Bowl
Chef's knife
Cutting board
Saucepan

PREPARATION:

Combine 1 tablespoon of lemon juice with some cold water in a large bowl. Prepare the artichoke hearts then place them in the bowl of lemon juice and water.

In a saucepan, combine the olive oil, garlic cloves, lemon slices, salt, pepper and the rest of the lemon juice. Add the artichoke hearts, cover with water and then simmer until tender, approximately 25-35 minutes. If using frozen artichokes, prepare the ingredients the same way but simmer for 6-7 minutes instead of 25-35 minutes.