



GIUDIA ARTICHOKES

INGREDIENTS

- 4 *cimaroli artichokes*
- *Seed oil for frying*
- *Salt to taste*

PREP TIME: 10 MIN
COOK TIME: 10MIN
SERVES: 4

DIRECTIONS

1. First of all, to prepare the giudia artichokes, start by cleaning the breasts. Remove the final part of the stem, the hardest part, and then, using a smaller knife to remove the more leathery external part of the stem left from the cut part, at the base of the artichoke. Take away the outermost leaves until you reach those that have a lighter color at the base. To make the leaves open well, beat the artichoke on a cutting board holding it by the stem without pressing too hard not to break the leaves.
2. While you beat it you can help yourself with your hands to enlarge it and once the artichoke has opened like a flower you can proceed with cleaning all the others. Heat some seed oil in a saucepan, the amount sufficient so that only the head of the artichokes is immersed.
3. Heat it up to 170 °: for this operation, we recommend monitoring the temperature with a thermometer to ensure homogeneous cooking of the artichokes. Then dip the first artichoke. Pay attention to this frying operation, protecting yourself from splashes of hot oil.
4. Take the kitchen tongs and while the artichoke is frying, press the artichoke hand by hand on the bottom taking it by the stem; it will take about 6-7 minutes of cooking. In this way the flower will keep its shape.
5. Towards the end of cooking, turn it over on its side to allow the stem to cook and then drain it. The first is ready to be drained on fried paper; keep it up with everyone else and once the giudia artichokes are ready, don't forget to salt them!
6. Enjoy your Giudia artichokes!