

ARTICHOKES IN BATTER WITH HOT MUSTARD SAUCE

Source: Beyond Parsley

Prepared by: Lauren O'Dell-Patton, February 2017

1 14-ounce can artichoke hearts, drained and patted dry
½ cup flour
¼ teaspoon baking powder
Dash of salt and pepper
1 egg
¼ cup milk
1 tablespoon lemon juice

MUSTARD SAUCE

2-3 tablespoons dry mustard
3 tablespoons sugar
3 tablespoons vinegar
1 egg
1 teaspoon butter

Cut each artichoke heart into 4-6 pieces. Sift flour and baking powder. Add rest of batter ingredients and beat until smooth. Coat artichoke pieces with batter and deep fry in hot oil (about 375 degrees) until golden brown on all sides. Remove with slotted spoon and drain on paper towel. Serve immediately with mustard sauce. (If desired, artichokes can be held in foil in warm oven for 1 hour.) To make Mustard Sauce, mix dry mustard and sugar. Add vinegar, then egg. Heat over low heat until thick, stirring constantly. Mixture will be lumpy. Remove from heat and add butter. Cool, then strain. May be refrigerated and kept for several weeks.

Lauren's Notes: "I would definitely make this again. If I stock up on canned artichoke hearts, I'll always have the ingredients to make these so they're perfect for an impromptu appetizer. The hot mustard sauce is absolutely delicious."

