

# SAUTE OF FRESH ARTICHOKE HEARTS WITH ONIONS AND GARLIC

Prepared by: Laura Lutz, November 2017

Source: Julia's Casual Dinners

6 to 8 fine fresh artichokes  
1 lemon  
4 tablespoons or so olive oil  
1 head garlic  
4 large onions  
Salt and pepper  
Thyme or mixed dried herbs  
2 tablespoons or so butter  
1 to 2 tablespoons wine vinegar  
Minced fresh parsley

*If you are preparing the hearts from fresh artichokes: Artichoke hearts include the artichoke bottom and the tender part of the inner cone of leaves. When artichokes are very young and fresh, you can use the whole cone without removing the choke; however, it is rare indeed to find such quality outside the artichoke-growing regions. I prepare the usual store-bought artichokes as follows, one at a time. Cut the stem off an artichoke, close to the base. Then blend the leaves at right angles to the base until they snap close to their large end; pull down toward the base to snap the leaf off, leaving the tender part of its base attached to the artichoke bottom; continue rapidly until you reach the pale creamy cone of leaves covering the choke. Shave the rough green from around the base of the artichoke using a small knife at first, then a vegetable peeler. Frequently rub cut portions of artichoke base with half a lemon as you go to prevent discolorations. After trimming you will usually have to cut off the top part of the cone, down to where you judge the tender part begins. Cut the heart in half lengthwise and, if large, in quarters. Scoop out the choke, hairy portion covering the bottom) with a small knife, and rub the quarters again with lemon.*

As soon as one heart is prepared, drop it into your frying pan with the olive oil and set over low heat, tossing to cover with the oil. Continue rapidly with the rest of the artichokes.

With the artichokes still over low heat and being tossed now and then (toss by swirling and shaking pan by its handle), separate cloves of garlic and drop them into a pan of boiling water for a moment to loosen the skins. Peel the cloves, halve or quarter them lengthwise if large, and add to the artichokes. Peel, halve and slice the onions lengthwise; toss them in the pan with the artichokes and garlic. Season with salt, pepper, and herbs, add 2 tablespoons butter and toss to melt it. Cover the pan and cook slowly until artichokes are just tender when pierced with a knife- 25 minutes or so- and toss once or twice. Pour in the vinegar, toss, cover and cook 5 minutes more. Correct seasoning.

To serve hot: Toss with minced parsley.

To serve cold: Let cook after their initial sauté and, if you wish, chill. Before serving, toss with a little lemon juice, a little olive oil, salt and pepper to taste and fresh minced parsley.

*Laura's Notes: I used an electric skillet. I bought frozen artichoke hearts because prepping fresh artichoke hearts takes a lot of time!! I also used 3 onions instead of 4.*

