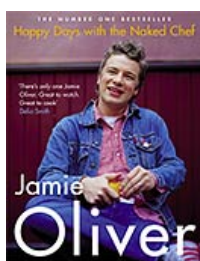


jamie oliver

# Tray-baked artichokes with almonds, breadcrumbs and herbs

A GREAT LITTLE ALL-ROUNDER

**SERVES: 4****COOKS IN: 1 HOUR****DIFFICULTY: NOT TOO TRICKY**

## Ingredients

8 medium-sized globe artichokes

1 lemon

2 cloves garlic , finely chopped

1 handful whole almonds , finely chopped

2 handfuls coarse breadcrumbs

1 handful fresh mint , finely chopped

1 handful fresh parsley , finely chopped

sea salt

freshly ground black pepper

extra virgin olive oil

1 glass white wine

## Method

1. To prepare the artichokes, simply trim 5cm below and above the base of the choke. Now what you need to do is trim back your artichoke leaves one by one, clicking them off until you get to the lovely paler yellow and more tender leaves. Using a pointed teaspoon, insert it right into the centre of the artichoke flower and slowly turn it to remove the fluffy choke. Have a little peer in and try to remove most of the choke. Rub the artichoke with lemon to stop it discolouring. You'll get the hang of it when you do the rest. You'll be left with 8 whole trimmed artichokes.
2. Preheat the oven to 200°C/400°F/gas 6. Toss the garlic, almonds, breadcrumbs and herbs into a bowl, season, and loosen with a little olive oil. Scrunch together with your hands and stuff this mixture into the middle of each artichoke, really packing it in. You want to fit these snugly side by side in an appropriately-sized baking dish. Sprinkle any excess filling over the top, drizzle generously with extra virgin olive oil and pour in your wine. Rip off a big enough piece of greaseproof paper, wet and scrunch it under a tap, then tuck it over the artichokes and round the edges of the dish. Bake in the preheated oven for 30 minutes, then remove the greaseproof paper and bake for a final 10 minutes. Serve in the middle of the table with seafood or any white meat.