

## CROWN OF CARDOON

2 or 3 artichokes, fresh  
1 clove garlic  
1 tsp. vinegar  
6 pepper corns

Wash the artichokes carefully under running water. Remove stems and outer leaves. Use kitchen shears to remove thorny tips from remaining leaves. Place in about an inch of boiling, salted water. Cover and cook until easily pierced with a fork, 25 to 35 minutes. Remove and turn upside down to cool and drain.

### TOMATO CUP:

Slice about  $\frac{1}{2}$  inch from bud end of an especially nice looking tomato. Carefully scoop out the inside (reserve for marinade) leaving just the outer shell. Wrap shell in plastic and refrigerate until needed.

### MARINADE—Place following in your blender:

tomato pulp	pepper
$\frac{1}{2}$ cup olive oil	$\frac{1}{4}$ tsp. oregano
$\frac{1}{4}$ cup lemon juice	1 clove garlic, crushed
$\frac{1}{4}$ tsp. salt	

Blend thoroughly. Remove the leaves from the artichoke and arrange them 'round and 'round in a mixing bowl. Discard the innermost, smallest leaves and thistle. Add the heart or base to the bowl and pour the marinade over all. Refrigerate until serving time.

To serve, remove the leaves from marinade and arrange in rows like overlapping flower petals on serving plate. Leave enough room in the center for the tomato cup. Fill the cup with a dip made from

1 part marinade 2 parts mayonnaise

This is a sharp, zesty dip. You can adjust it to suit your taste by increasing the mayonnaise. Serves 4-6.