

# Roasted Roman Artichokes

Adapted from Lynne Rossetto Kasper's cookbook, *The Italian Country Table*



## Servings: 4

*Kasper's recipe does not include the bread/croutons. I had some home made garlic croutons left over from another meal - they'd been drizzled with olive oil, sprinkled with seasoned garlic salt and toasted in a 425° oven for about 5-7 minutes until golden brown. They added a really nice crunchy texture.*

- 3 medium garlic cloves
- 2 tablespoons Italian parsley, [packed measure]
- 2 tablespoons fresh mint, [packed measure]
- 2 tablespoons hot salami, like soppressata or coppa, minced
- 2 tablespoons pancetta, minced
- salt and freshly ground black pepper to taste (go easy on the salt)
- 2 large artichokes
- 1/2 large lemon
- 1/2 cup croutons, lightly crushed
- 1/3 cup extra virgin olive oil
- 1 cup vermouth, or other dry white wine

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>

1. Mince together the garlic, herbs, salami and pancetta. Season with salt and pepper.
2. Trim off the top third of the artichokes. With scissors, snip off the top third of the remaining outer leaves. Rub all the cut surfaces with lemon as you go. Pull open the centers of the artichokes and using a sharp small grapefruit spoon or teaspoon, scoop out the fuzzy choke. Rinse the artichokes.
3. Preheat oven to 350°. Oil a baking dish that is just large enough to hold the artichokes (approximately) in one layer. Divide the filling between the artichokes, stuffing some in the center, then adding some between the leaves, if you can separate them enough to do so. Add the crushed croutons to the center section. If you have enough, add small bits of the croutons in between the leaves as well.
4. Arrange the artichokes on their sides (not tipped over, though, or the filling will fall out) in the baking dish. Drizzle the olive oil over each cut artichoke, then pour the wine into the baking dish. To save time, heat the wine to boiling before pouring into the baking dish. Sprinkle with freshly ground black pepper and a little bit of salt. Cover the dish securely with foil, and bake, basting every 20 minutes with the wine/juices for one hour, or up to 1 1/4 hours, until you can easily pierce the artichoke base with a knife. Remove dish from oven and allow to rest for several hours before eating. Cut each artichoke in half to serve. A half-artichoke will amply serve one person if it's accompanying a meal. Pour the pan juices over the artichoke to serve.

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Per Serving (excluding unknown items): 333 Calories; 20g Fat (69.0% calories from fat); 6g Protein; 15g Carbohydrate; 4g Dietary Fiber; 10mg Cholesterol; 375mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 4 Fat.