

ARTICHOKE WITH FRESH HERB SAUCE



INGREDIENTS

sauce

- 1/4 cup chopped fresh chives
- 1/4 cup chopped fresh Italian parsley
- 2 anchovy fillets
- 1 clove garlic
- 1 teaspoon tarragon
- 2 tablespoons white wine vinegar
- 3 tablespoons extra-virgin olive oil
- 1/2 cup Mayo or sour cream

fritters

- 6 large artichokes
- 1 cup plus 2 tablespoons all purpose flour
- 1/2 teaspoon salt
- 3/4 cup Sparking water, room temperature
- 2 large eggs, separated
- 3 tablespoons extra-virgin olive oil, divided
- 2 tablespoons fresh lemon juice, divided
- 1 1/2 teaspoons finely grated lemon peel
- Canola oil (for deep-frying)
- 2 tablespoons chopped fresh Italian parsley

RECIPE PREPARATION

sauce

Combine chive, parsley, anchovy, garlic and tarragon ingredients in processor; blend until mixture is finely chopped. Slowly pour in oil through feed tube, pureer until smooth. Season with salt and pepper.

fritters

1. In a medium bowl combine flour and 1/2 teaspoon salt; add sparking water, egg yolks, 2 tablespoons olive oil, 1 tablespoon lemon juice, and lemon peel and whisk until well blended. Let batter stand at room temperature at least 1 hour and up to 2 hours. Re-whisk before using.
2. Fill large bowl with water; add remaining 1 tablespoon lemon juice.
3. Using large knife, cut off top half of 1 artichoke, then cut off stem about 3/4 inch of. Remove tough outer leaves. Peel stem and cut artichoke lengthwise in half, cut out prickly choke in center; discard. Cut artichoke lengthwise into 1/4-inch-thick slices; immediately place in lemon water. Drain artichokes.
4. Heat remaining 1 tablespoon olive oil and 1 cup water in large skillet over medium-low heat. Add artichokes, sprinkle with salt and pepper. Bring to boil. Cover, reduce heat to low, and simmer until artichokes are tender and water evaporates, about 15 minutes. Remove from heat and cool. Set aside and let it cool
5. In a large saucepan add oil and heat it into 375°F. Dip cooked artichoke into the flour mixture, then deep fry it until golden brown. Drain out oil on the paper towels. transfer fritters sprinkle with salt and parsley .Serve with sauce

ARTICHOKE WITH FRESH HERB SAUCE

洋薊香草醬



醬

- 1/4 杯切碎的新鮮韭菜
- 1/4 杯切碎的新鮮意大利香菜
- 2 片鯷魚
- 1 瓣大蒜
- 1 茶匙龍蒿
- 2 湯匙白葡萄酒醋
- 3 湯匙特級初榨橄欖油
- 1/2 杯蛋黃醬或酸奶油

麵糊

- 6 個大洋薊
- 1 杯加 2 大湯匙通用麵粉
- 1/2 茶匙鹽
- 3/4 杯蘇打水，室溫
- 2 個大雞蛋，分開
- 3 湯匙特級初榨橄欖油，分為
- 2 湯匙新鮮檸檬汁，分成兩部分
- 1 1/2 茶匙磨碎的檸檬皮
- 菜籽油（用於油炸）
- 2 湯匙切碎的新鮮意大利歐芹

配方準備

醬

- 將鮮韭菜, 意大利香菜, 鯷魚, 大蒜和龍蒿在攪拌機中切碎通過進料管慢慢將油倒入，直到變得平滑為止。用鹽和胡椒粉調味。

油煎餅

1. 在一個中等大小的碗中，將麵粉和 1/2 茶匙鹽混合；加入蘇打水，蛋黃，2 湯匙橄欖油，1 湯匙檸檬汁和檸檬皮，攪拌均勻。讓麵糊在室溫下靜置至少 1 小時至 2 小時。使用前請重新打磨
2. 將大碗裝滿水；加入剩餘的 1 湯匙檸檬汁
3. 用大刀切掉 1 個洋薊的上半部分，然後切下約 3/4 英寸的莖。除去堅硬的外葉。將莖去皮，將洋薊切成兩半，在中心切出 p 子。丟棄。將洋薊縱向切成 1/4 英寸厚的薄片；立即放入檸檬水中。瀝乾朝鮮薊
4. 用中低火在大煎鍋中加熱剩餘的 1 湯匙橄欖油和 1 杯水。加入洋薊，撒上鹽和胡椒粉。燒開將火降低至低，然後慢火煮至朝鮮薊變軟並且水蒸發，大約 15 分鐘。從陰涼處移開。放在一邊，放涼
5. 在一個大鍋裡加油，並將其加熱到 375°F。將朝鮮薊浸入麵粉混合物中，然後油炸至金黃色。排幹紙巾上的油。轉移油條撒上鹽和歐芹。佐以醬汁。