

Carciofi soffritti



INGREDIENTS

- 8 artichokes
- The juice of a half a lemon
- 1/2 cup olive oil for the artichokes
- 2 cloves garlic
- 2 cups of baby potatoes
- 1 pint olive oil for the potatoes
- Chopped parsley
- Salt and pepper to taste

Preparation

If the potatoes are young and thin skinned, wash and rub them with a rough cloth. Otherwise, peel them. Trim the tough outer leaves off the artichokes (continue until the exposed leaves are almost all white), cut the tops off (perpendicular to the length of the artichoke) and cut them into eighths, putting the slices into water acidulated with lemon juice to keep them from turning black. When you have finished cutting them up, pat them dry and sauté them in a pan with the oil, garlic, salt, and minced parsley. Begin over a low flame, covered, and after a little while uncover them and turn them often so they cook well on all sides, browning and almost coming apart. When they're done drain away almost all the oil. In the meantime heat the remaining oil in a high-sided pot suitable for frying, and add the potatoes in one fell swoop with a half cup of water. Let them cook gently at first, covering the pot so that they soften, and then raise the flame and uncover them to brown them. Once the potatoes have browned, drain them and add them to the artichokes, together with salt and pepper to taste, and simmer for about ten minutes over a very low flame