Roasted Artichokes

Description

Roasted artichokes is a great variation to the common common steamer approach. Roasting the artichokes introduces a smokey flavor, and besides, how can you go wrong with olive oil and garlic.



Summary

Yield: 2
Prep Time: 1 1/2 hours
Category: Vegetables
Cuisine: American

Ingredients

- 2 whole large artichokes
- 1 fresh lemon, cut in half
- 2 cloves garlic, peeled
- 2 tbsps olive oil
- 1/2 tsp sea salt

Instructions

Cut the stem about where it meets the base of the artichoke. Trim about 1 inch off the top of the artichoke. Rub the artichokes with a wedge of lemon to prevent discoloring.

Tear off 2 large pieces of aluminum foil, one for each artichoke. Make sure each piece of foil is enough to wrap around one artichoke.

Spread a few drops of olive oil evenly on the face-up side of the foil. Place an artichoke in the center of the foil, stem side down. Put a clove of garlic in the center of the artichoke and push down about an inch. Sprinkle 1/2 teaspoon of sea salt over the top of the artichoke. Drizzle 1 tablespoon of olive oil over the top. And finish by squeezing a half lemon over the top. Allow the lemon juice to wash the salt and olive oil down between the leaves.

Gather up the corners of the aluminum foil and bring together at the top to create a seal around the artichoke.

Repeat for the above preparation for the second artichoke.

Place the artichokes sealed in aluminum foil in a roasting pan and bake at 425° F for 1 1/2

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hours. Allow to stand for 20 minutes before unwrapping the foil. Garnish with a thin slice of lemon to serve.