



Sustainable Solano
NURTURING INITIATIVES FOR THE GOOD OF THE WHOLE

Marinated Artichokes

- 2 lemons, divided
- 2 ½ cups olive oil
- 3 lbs. baby artichokes (2-4 oz. each), or large artichokes
- 8 garlic cloves, peeled (6 smashed, 2 minced)
- 2 sprigs fresh thyme
- 1 t. table salt
- ¼ t. pepper
- ¼ t. red pepper flakes
- 2-3 T. minced fresh mint

Using a vegetable peeler, remove three 2" strips zest from 1 lemon. Grate and reserve ½ t. zest from other lemon. Juice lemons to make ¼ cup. Keep spent lemon halves.

Combine oil and lemon zest strips in medium saucepan. Prepare artichokes: cut off top quarter of artichoke, snap off outer leaves and trim away dark skin. Peel and trim stem if desired. Cut artichoke in half lengthwise. (If using large artichokes, quarter them and remove fuzzy choke.) Rub each artichoke half with spent lemon halves and add to saucepan.

Add smashed garlic, thyme, salt, pepper and pepper flakes to saucepan and bring to a rapid simmer over high heat. Reduce heat to medium-low and simmer, stirring occasionally to submerge all artichokes, until all can be pierced with a fork but are still firm, about 5 minutes. Remove from heat; cover; let sit until artichokes are fork-tender, about 20 minutes.

Fold in mint, lemon juice, lemon zest and minced garlic. Season with salt to taste. Using slotted spoon, transfer artichokes to two 1-pint jars with tight lids. Strain oil through fine-mesh strainer set over large liquid measuring cup. Discard thyme sprigs then spoon solids evenly into jars. Cover artichokes with strained oil and let cool. Keep in the refrigerator and use within 5-6 days.

Chef's Note:

Refrigerate strained oil and use on salads, sauteing or drizzling over vegetables or fish!

Recipe from *Cook's Illustrated*.

Buy local! Get produce for this recipe from small Solano County farms.

Visit <http://sustainablesolano.org/local-food/> for resources and information.