



Globe Artichokes filled with 'goodies' (serves 4)

Just a little special and different to serving artichokes with Hollandaise sauce or mustard vinaigrette, served with lovely crusty bread this makes a delicious light lunch.

Choose globe artichokes that are crisp, green and round. Once the tips become brittle and dry out the artichoke is past its best. Simple rule harvest or buy and cook on the same day.

4 globe artichokes

250g cream cheese

2 tbs mayonnaise

2 tbs fromage frais or thick yogurt

1 crushed clove of garlic

6 small gherkins - finely chopped

1 tsp fine capers

6 oil cured black olives – finely chopped

4 finely diced anchovies

2 tbs snipped chives

1 tsp fresh thyme leaves

2-3 drops Tabasco sauce

Lots of freshly ground black pepper **or** 1 coffee spoon of green peppercorns

Mix all the above ingredients together and chill until required

- Wash the artichokes and with a sharp knife cut off the stalk as close as possible to the base. With the artichoke on its side and slice through the top ½" of the artichoke leaving a flat top.
- Have ready a large saucepan of boiling water with ½ a lemon cut into 2 or 3 pieces, add the artichokes and cook covered for 30 – 40 mins until the base is tender. Allow to cool in the water for a little while and then drain well.
- When cool enough to handle; gently prise open the top until you come to the centre with slightly pink tinged petals, pull these out to reveal the hairy 'choke'; remove this gently and discard.
- Divide the filling between the artichokes and garnish with thyme flowers