

## STUFFED ARTICHOKEs [www.DoreensKitchen.com](http://www.DoreensKitchen.com)

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Prep Time: 10 min Cook Time: 2 hours

NOTE: I once worked for a restaurant that did not par boil the Artichokes, but rather just stuffed them uncooked, and then baked plain in the oven for what seemed like ages. Consequently, everyone that would order their stuffed Artichokes never finished them. They were really really tough and nasty.

When you par boil them as I describe below, you are decreasing the baking time, if you want to store in the fridge for later. (You can bake just a little bit, then refrigerator them, so they can just simply be reheated). They will keep in the frig about 5 days. Do NOT wrap with tin foil as it will oxidize. Wrap up with saran wrap. Par boiling also allows the leaf's to gradually cook and soften naturally, and lend towards a much softer Artichoke.

**large artichoke**  
**2 chicken bouillion cubes**  
**1/2 stick butter, or more**  
**3 to 5 garlic cloves, diced**

**1 cup (seasoned) breadcrumbs (plain is ok too)**  
**dash lemon juice, optional**

With strong scissors, cut off points on leaves. Cut off the stem as close to the bottom leaves as possible using a sharp knife. Place stem side up in a pot of water, low boil for 45 min, making sure the stem is up.

Now, dice Garlic. Nuke 2 Chicken Bouillion cubes in 2 Cups of Water. In another coffee cup, nuke/melt 1/2 stick of Butter.

After 45 minutes, flip the Artichokes over so the stem is on the bottom, and continue to boil for about 15 min more. You'll see that the leaf's can be easily separated. With large utensils, remove from pot and put in baking pans.

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NOTE: At this point the Artichokes are done, and you can enjoy dipping the leaves in either Garlic Butter and/or Hollandaise sauce. But in this case, we need to bake the Bread crumb mixture. Once in baking pans, separate the leaves a bit. You'll need about 1/2 cup of more of (seasoned) Bread crumbs per Artichoke. Unseasoned is fine too. Add Garlic, melted Butter and Bouillon mixture to Bread crumbs. You're going to want a mushy type of mixture. You can add bits of water, or more melted Butter or more Bouillon mixture or all if you want. A dash of Lemon Juice is optional. Stuff the mixture into the separated leafs. Fill the baking pan 1/2 way up with water, as the leaves shouldn't dry out while baking, but kept moist. While it is baking, check every few minutes, and replace with more water if necessary. You do NOT want it to burn by not having water to keep it moist!! You can pour over melted Butter before and/or directly after baking. Bake 350°F for about 30 min.

### PLATING AND HOW TO EAT:

Pluck the leaf's off, with a bit of Bread crumbs on it, and scrape the soft part of the leaf against your teeth. Your objective is to get to the HEART of the Artichoke, which is buried down close to the stem. You need to bypass and discard the choke which is cone shaped with a point, and is directly above the heart. The heart is closest to the stem and is the best part!!

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