

## CARCIOFI ALLA ROMANA ROMAN STYLE ARTICHOKE



### Ingredients for 4:

8 medium globe, leaves trimmed down to the yellow part, stems peeled and greenish tops cut off to the yellow part  
50 gr extra virgin olive oil  
6 garlic cloves, chopped  
2 fresh mint sprigs  
1/2 teaspoon salt  
50 ml dry local white wine  
30 gr of parsley  
1 large lemon

### Preparation

1. Put some garlic, mint and parsley chopped in the center of the artichokes.
2. Heat the olive oil in a large pot with a lid over medium heat, then add the artichokes, top-down.
3. Cook for a few minutes until golden, turning once, then add more garlic, mint leaves and salt.
4. Cover and simmer for 6 or 7 minutes, then add the dry local white wine, lower the heat, cover and continue cooking for 15 to 20 minutes, until the artichokes are very tender.

5. Squeeze the lemon juice over the artichokes and serve at room temperature in the oil and wine sauce.