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Home > Advice > Globe artichokes with Angelica's sauce recipe

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globe artichokes with angelica's sauce recipe

Posted in June, July, August, September, All Recipes, Summer on 1st September 2019

This recipe reminds me of Angelica, the cook in the house my parents used to live in the Dolomites. I love the whole palaver of artichokes: pulling the leaves off and dipping them into the rich sauce, until you get to the soft heart, which you dunk and eat all in one go.

Serves 6-8

- 1-2 small artichokes per person
- Salt

For the sauce

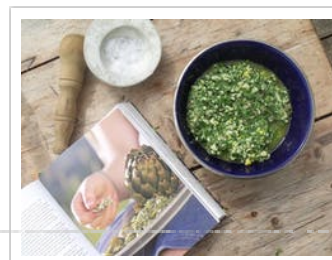
- 4 eggs, hard-boiled and shelled
- 1 very large bunch of soft green herbs (half flat-leaf parsley and the rest a mixture of chives, fennel, dill and/or coriander, or one of these)
- 2 tins of anchovy fillets, drained and finely chopped
- About 300ml extra virgin olive oil
- 3 tablespoons red wine vinegar
- Black pepper

Cook your artichokes in boiling salted water for about 40 minutes. Drain them in the sink, face down, for 5 minutes and, when they've cooled a bit, give each a squeeze to get rid of any remaining water.

You can roughly chop the ingredients for the sauce in a food processor, but you want a coarse texture not a puree, so it's best done by hand. I break up the eggs roughly with the back of a fork and chop the herbs and anchovies with a sharp knife. Mix the whole lot together with the oil and vinegar in a large bowl. You won't need much salt because of the anchovies, but add plenty of pepper.

Give everyone an artichoke on a plate with enough room for a dollop of sauce.

You'll need a large bowl on the table for the discarded leaves (these make great mulch for the garden).



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