



FOUNDED 1711

WINE AND OLIVE ESTATE

Baked artichokes with cannellini beans and thyme breadcrumbs

RECIPE 79/98

What you will need:

- 1 lemon, halved.
- 4 globe artichokes.
- 2 tablespoons of Morgenster Extra Virgin Olive Oil.**
- 1 brown onion, finely chopped.
- 1 carrot, finely chopped.
- 1 celery stick, finely chopped.
- 2 garlic cloves, crushed.
- 1 cup chicken stock.
- ½ cup NU Sauvignon Blanc 2015**
- 400g can of Cannellini Beans, rinsed and drained.
- 1 cup breadcrumbs.
- 1 tablespoon chopped thyme.
- Flat-leaf parsley leaves, to serve.

How to prepare:

1. Preheat the oven to 180 degrees C. Squeeze 1 lemon half into a large bowl of cold water. Remove artichoke stems. Cut 3cm from the top of 1 artichoke. Rub cut sides with remaining lemon half. Peel and discard 2 layers of outer petals, exposing pale petals. Use a teaspoon to scoop out and discard furry choke from the centre. Place in the lemon water. Repeat with the remaining artichokes.
2. Place artichokes in a large saucepan and cover with cold water. Bring to the boil over high heat. Cook for 15min or until tender. Drain well.
3. Heat half the oil in a large frying pan over medium heat. Saute the onion, carrot, celery and garlic, stirring, until onion softens, about 5min.
4. Spoon half the beans into the base of a 2l dish. Top with the artichokes and fill with remaining beans.
5. Combine the breadcrumbs, thyme and remaining oil in a small bowl. Season. Sprinkle over bean mixture. Bake for 20 min or until golden brown and heated through. Sprinkle with parsley and serve. - <http://www.taste.com.au>

