

Grilled Artichokes

When buying artichokes, select ones that are heavy for their size, have tightly closed olive green leaves and healthy stems.

Ingredients

- 4 globe artichokes
- 1 lemon, halved
- 1 Tbs. peppercorns
- 3 garlic cloves, smashed
- 2 Tbs. olive oil
- Salt and freshly ground pepper, to taste

Preparation

- 1) Cut off the top one-third of the artichoke. Use kitchen shears to trim off any remaining thorny petal tips. Trim and peel stems.
- 2) Fill a large pot with 2 inches of water. Squeeze the lemon juice into the water and add the lemon halves, pepper corns and garlic cloves. Boil artichokes (or steam in a steamer insert) until bottoms pierce easily or a leaf pulls off easily, 15 to 20 minutes.
- 3) Drain artichokes and cool.
- 4) Cut each artichoke in half lengthwise and scrape out the fuzzy center and any purple tipped petals and discard. Drizzle the cut sides with olive oil.

Place cut side down on a grill over a solid bed of medium coals or on a grill pan on medium heat. Grill until lightly browned on the cut side 5 to 7 minutes. Turn artichokes over, drizzle remaining olive oil. Grill until leaf tips are lightly charred, 3 to 4 minutes more.

Season with salt and pepper. Serve hot or room temperature.

Yields 8 servings, ½ artichoke each.

Aioli

Ingredients (at room temperature)

- 2 large egg yolks, organic
- 2- 2.5 cups extra virgin olive oil
- 4-5 garlic cloves, smashed into a paste

Preparation

Stir egg yolks with wire whisk for a minute or so until slightly thickened. Add oil one tablespoon at a time, whisking well to create an emulsion. Incorporate the oil completely after each addition to keep smooth. After incorporating a half-cup of oil, begin to whisk in remaining oil at a faster pace. Add a tablespoon of water to thin as necessary - the finished sauce should have the consistency of softly whipped cream.

Stir in garlic, a good pinch of salt and a little fresh ground pepper. Let stand for a few minutes, refrigerate, and use within a few hours.

While purists say a true Aioli has only 3 ingredients, you might enjoy seasoning the aioli with curry powder, mashed chipotle chillies or some juice and zest from a Meyer lemon.