



# Spring Artichokes Braised with Citrus & Saffron

SERVES 4

## INGREDIENTS

- 12 SMALL BABY ARTICHOKES (APPROX 2 LBS.)
- 2 LEMONS JUICED
- 1 BUNCH FARMERS MARKET BABY CARROTS, PEELED AND ROUND SLICED
- 1 SMALL FENNEL BULB, SMALL DICED
- 2 EA. SPRING LEEKS, WHITE PART ONLY, SMALL DICE
- 3 GARLIC CLOVES, SLICED
- 2 OZ. EXTRA VIRGIN OLIVE OIL
- 2 OZ. PERNOD
- 1 CUP DRY WHITE WINE
- 4 ORANGES, JUICED
- 1 SPRIG TARRAGON
- 1 BAY LEAF
- 1 SPRIG FRESH THYME
- 1 QUART CHICKEN STOCK
- 1 PINCH SAFFRON THREADS
- FRESH GROUND BLACK PEPPER, AS NEEDED
- KOSHER SALT
- 1 TBSP FLAT LEAF PARSLEY, CHOPPED (FOR GARNISH)

## WINE CLUB PAIRING

JEAN-PHILIPPE FICHET, ALIGOTE, A.O.C. BOURGOGNE ALIGOTE

## YOU CAN ALSO PAIR WITH

- BUGEY-CERDON
- GAMAY
- MERLOT BLEND

## DIRECTIONS

1. Fill a large bowl with water, halve and squeeze 2 lemons into it.
2. Disposable gloves are recommended if you have them. While not essential, the gloves keep your skin free of the artichoke's bitter raw fluids, which have a way of tainting any other food you touch after handling the artichokes.
3. Trim baby artichokes by removing most of the outer leaves until you reach the tender yellow inner leaves. With a vegetable peeler, peel the fibrous stem and cut down to two-inch length. Transfer cleaned artichokes to a bowl of lemon water as you work, covering them with a clean kitchen towel to keep them completely submerged.
4. In a 3-quart enameled cast iron Dutch oven, heat olive oil over medium heat until shimmering. Add spring leeks, carrots, fennel and cook until tender about 5 minutes. Add sliced garlic and continue cooking until fragrant, stirring frequently. Nestle cleaned artichokes on top, then add white wine and Pernod, bring to a simmer and cook for 5 minutes until alcohol has evaporated. Add orange juice, chicken stock, aromatic herbs, and saffron. Very lightly season with salt and fresh cracked black pepper to taste.
5. Cover pot and lower heat to simmer. Cook until artichokes are tender enough to easily pierce with a fork about 30 minutes
6. Remove herbs and discard. Using a slotted spoon, transfer artichokes and vegetables to a serving plate and keep warm. Return cooking liquid to the heat and simmer until slightly syrupy and sauce coats the back of a spoon.
7. Whisk in chopped parsley, adjust sauce seasoning with salt and pepper to taste, add artichokes back to sauce and serve warm or at room temperature.

WATCH THE RECIPE VIDEO HERE:

