



What's Cooking Pascal?

California Artichoke

Ingredients for 4 persons

4 large California artichokes
½ lemon

Dressing

1 ¼ cups Gekkeikan Sake
½ cup extra-virgin olive oil
2 tablespoons white sugar
2 teaspoons Dijon mustard
2 teaspoons chopped garlic



Preparation

Wash the artichokes in cold water. Cut off the stems and top third of the leaves. Rub the cut areas with the lemon to prevent discoloration. Trim the thorns from the uncut leaves with scissors. Place the artichokes in a large kettle of boiling water for 45 minutes.

Remove artichokes from kettle and soak in ice water until cooled. Drain the artichokes. Squeeze delicately and refrigerate.

Dressing. Boil the Gekkeikan Sake to reduce by half. Place all ingredients in a blender and mix. Refrigerate until ready to serve.

When the artichokes are cold, delicately remove top and fuzzy centers with a small spoon. Serve Gekkeikan Sake dressing cold in a small cup with each artichoke.

Bon Appétit,

Pascal Courtin