

# Roasted Artichoke

**Season:** Spring

**Difficulty:** Easy

**Serves:** 30-40 small serves

**From the Garden:** Globe Artichoke

Equipment:	Ingredients:
<ul style="list-style-type: none"><li>• Juicer</li><li>• Aluminium foil</li><li>• Chopping board and knife</li></ul>	<ul style="list-style-type: none"><li>• 2 Globe Artichokes</li><li>• Juice of a lemon</li><li>• 2 crushed garlic cloves</li><li>• Salt and pepper</li><li>• Drizzle of EVOO</li></ul>

## What to do:

- Pre-heat oven to 200C
- Wash Globe Artichoke and chop top ¼ and stalk off and discard.
- Prize apart leaves, drizzle with lemon juice.
- Crush garlic and place on top, sprinkle a little salt and pepper and drizzle olive oil, then wrap in foil.
- Put Artichoke in oven for 40 minutes.
- When cooked peel away leaves and put a few on each plate to try.
- Eat by scraping flesh of petals with your teeth.