

SICILIAN STUFFED ARTICHOKEs

Cooking Times & Servings

- **Prep Time:** 25 minutes
 - **Cook Time:** 30 minutes
 - **Total Time:** 55 minutes
 - **Servings:** 4
-

Ingredients

- 8 medium globe artichokes
 - 2 garlic cloves, finely minced
 - ¼ cup fresh parsley, finely chopped
 - 1½ cups stale bread crumbs (from day-old bread)
 - 1½ cups Pecorino cheese, finely grated
 - ¼ cup extra virgin olive oil, plus more for drizzling
 - Salt, to taste
 - Black pepper, to taste
 - 1 cup water
-

Instructions

1. Remove the tough outer leaves from the artichokes and trim the stems if needed. Gently spread the remaining leaves open.
Tip: If they're hard to open, lightly tap the base of each artichoke on a flat surface to soften them.
2. Rinse the artichokes thoroughly under cold water and drain well.
3. In a bowl, combine the bread crumbs, garlic, grated Pecorino, parsley, black pepper, and a small pinch of salt. Mix until evenly combined.
4. Stuff the center and between the leaves of each artichoke with the breadcrumb mixture, pressing gently so the filling stays in place.
5. Arrange the stuffed artichokes upright in a wide skillet or saucepan. Drizzle generously with extra virgin olive oil.
6. Cover with a lid and cook over medium heat for 2–3 minutes, then carefully add 1 cup of water.
7. Cover again and simmer over medium-low heat for about **30 minutes**, or until the artichokes are tender and the filling is golden and fragrant.
8. Serve warm with an extra drizzle of olive oil.

Tips & Tricks

- For extra crunch, sprinkle a little additional breadcrumb topping during the last 5 minutes of cooking.
- Serve with crusty Italian bread to soak up the flavorful cooking juices.
- These artichokes taste even better the next day—perfect for meal prep.