

RECIPE: BRAISED ARTICHOKEs

CONDIMENTS & OIL

Olive oil, 3 fl oz.

Wine vinegar, to taste

FRUITS

Lemon, 1

SPICES & SEASONINGS

Salt, to taste

Bay leaves, 1

Pepper, to taste

Dried thyme, 3 sprigs

VEGETABLES

Artichokes, 6 small or 4 medium

Green garlic, 2 stalks or Garlic cloves, 4

Mixed peppery greens, 2 handfuls

MISCELLANEOUS

Mixed soft herbs, 2 handfuls

Sheep's milk ricotta, 2 cup