

Fried Artichokes

Ingredients

5 or 6 globe artichokes
salt
water
lemon juice
oil
butter

Cooking Utensils

knife and cutting board
cookpot
slotted spoon
strainer
fork
lemon reamer
frying pan
tongs
plate
paper towels
cookpot **or** microwave-safe bowl

Serving Utensils

serving dish
serving fork
serving bowls

1/4 cup flour
1 egg yolk
pinch salt
milk

For the batter

mixing bowl
small bowl
wooden spoon

Juice the lemon. Cover a plate with paper towels. In a small bowl, separate the egg. In the mixing bowl mix all the ingredients for the batter, adding just enough milk to give the mixture a thick batter consistency. Trim the stems and outer leaves off the artichokes. Cook the artichokes according to the directions on the package, or if using fresh artichokes, steam them in the cookpot over boiling water on the stove until a fork is easily inserted in the bottom. The fresh artichokes can be wrapped in plastic wrap and placed in the microwave oven and cooked on high power for 16 minutes for 4 artichokes. Discard the leaves and choke, cut off the stems, and they are ready to use. Cover the artichoke hearts with lemon juice to prevent discoloration. The dish can be prepared up to this point in advance. Place the serving dish in the oven to warm. Heat the oil in the frying pan on the stove over medium high heat. Dip the artichoke hearts in the batter and place them in the hot oil. Fry them, turning often, until they are lightly golden all over. Place the artichokes on the paper towel-covered plate to drain off any excess oil. Melt the butter in a cookpot on the stove, or in a microwave-safe dish in a microwave oven. Place the fried artichokes on the warmed serving dish and the melted butter into individual serving bowls. Serve hot.