

Stuffed Artichokes

with Maitake & Chanterelle Mushroom Salad

According to ancient mythology, the first artichoke was actually a beautiful woman who was turned into an artichoke after rejecting the Greek god, Zeus. In a way, the hard and thorny exterior of the vegetable mirrors its prickly creation. As cooking an artichoke requires special care and attention, we hope you'll find this labor of love to be worth it once you get to the edible heart.



Ingredients

- 4 Ounces Mushrooms (Maitake and Chanterelle)
- 2 Cloves Garlic
- 1 Bosc Pear
- 1 Large Bunch Parsley
- 1 Lemon
- 1 Shallot
- ½ Head Frisée
- 2 Tablespoons Champagne Vinegar
- 2 Large Artichokes
- ½ Cup Grated Parmesan Cheese
- 1 Cup Panko Breadcrumbs
- 1 Organic Egg
- 2 Tablespoons Cultured Butter with Sea Salt

Makes 2 Servings

About 625 Calories Per Serving



Instructions



1 Prepare your ingredients:

Preheat the oven to 475°F. Wash and dry the fresh produce. Cut the mushrooms and frisée into bite-sized pieces. Peel and finely chop the garlic. Core and thinly slice the pear. Finely chop the parsley leaves. Peel and finely mince the shallot to get about 2 tablespoons of minced shallot. Place the **minced shallot** and **champagne vinegar** in a bowl.



2 Prepare the artichokes:

Cut off the upper third and bottom stems of the **artichokes** so they sit flat. Using scissors, trim the tips of each of the outer artichoke leaves. Using a paring knife and a spoon, remove the inner spiny choke of the artichokes.



3 Stuff & bake the artichokes:

In a small bowl, mix together the **panko breadcrumbs**, **parsley**, **egg**, **half of the garlic** and **about ¾ of the Parmesan cheese**. (Reserve some cheese for garnish.) Season with salt and pepper. Using a spoon, stuff the **artichokes** with as much filling as possible, filling the middle and in between the leaves. Place the stuffed artichokes in a pan with some water in the bottom and cover tightly with foil. Bake 20 to 25 minutes, or until golden brown on top and a leaf comes off easily.



4 Cook the mushrooms:

While the artichokes bake, heat a little olive oil in a pan on medium-high heat until hot. Add the **mushrooms**; cook for 2 to 3 minutes, or until softened and browned, stirring occasionally. Season with salt and pepper to taste. Add the **remaining garlic**; cook for 30 seconds, or until fragrant, stirring frequently. Transfer the mushrooms to a plate and quickly wipe out the pan.



5 Make the lemon-butter & vinaigrette:

In the still warm pan, whisk together the **juice of the whole lemon** and the **butter**, until melted and well combined. Transfer the lemon-butter to 2 small bowls. Slowly whisk in about **2 tablespoons of olive oil** to the **shallot-vinegar mixture** until combined. Season with salt and pepper to taste.



6 Assemble the salad & plate your dish:

In a medium bowl, combine the **frisée**, **pear**, **sautéed mushrooms**, and **some of the vinaigrette**. (You may have extra vinaigrette. Save it or use it to dip your artichokes.) Toss to coat and season with salt and pepper to taste. Divide the salad between 2 plates and place one artichoke and one bowl of lemon-butter on each plate. Garnish with the **remaining Parmesan cheese**. Enjoy!