

## Chargrilled Violet Artichokes with Broad Beans, Wild Garlic and Mint

This is a fantastic spring vegetarian tapa using true seasonal produce. At the restaurant we braise and then chargrill the artichokes. At home you could do the same or barbecue them instead. Do try to source the wild garlic- it has the garlic kick but with an added freshness. You could substitute the broad beans for peas if you wish and add a shave of parmesan or another semi hard cheese.

Tapas for 4

### Ingredients

8 baby artichokes  
250 g broad beans, blanched and podded  
4 medium size garlic leaves, ripped  
10 mint leaves  
½ banana shallot, finely chopped  
Good extra virgin olive oil  
Moscatel vinegar or lemon juice  
Salt and pepper

For the poaching liquid:

1/3 water  
1/3 white wine  
1/3 white wine vinegar or cider  
Olive oil (we use extra virgin but you can use simple olive oil.)  
Mint, spring thyme or a bay leaf  
Lemon  
Pinch of salt

Method:

Start with peeling the artichokes by pulling the green outer leaves away to retain just the more tender, yellower ones in the middle. The stem is good too, but needs to be peeled - you are looking to keep a good one inch. Cut the top off and trim neatly all around.

Whilst preparing the artichokes put the ready ones in a container with cold water and the juice of a lemon (to stop them discolouring).

Next poach the artichokes. To do so, combine the poaching liquid ingredients, add the artichokes, a pinch of salt and cover with a plate to keep them submerged.

Bring to the boil and simmer for about twenty minutes. The cooking time varies depending on the size but they should be firm but not too hard.

When ready allow them to cool down in their poaching liquor. Now the artichokes are ready to be used. Split them in half, season with salt and pepper and sprinkle with olive oil. Grill or barbecue until ready.

In a small sauce pan warm up the oil with shallots, add the broad beans, mint, garlic leaves, a splash of moscatel vinegar or few drops of lemon.

This vinaigrette is now ready to be tossed with the artichokes and served. Fresh pea shoots or shavings of cheese can be added,