

Saganaki me Anginares

This also can be served in small ceramic ramekins that keep the cheese hot. Use a ceramic pot that can take the heat of the oven, as you'll want to heat it all together to melt the cheese. Saganaki is all about the cheese, so be sure to choose an excellent sheep or goat's milk feta.

INGREDIENTS:

- 2 medium to large artichokes
- 1 lemon, cut in half
- 1-2 tablespoons extra virgin olive oil
- 3 cloves garlic, chopped
- 2 tablespoons chopped flat leaf parsley
- 2 ounces myzithra or feta cheese, crumbled
- 3-4 ounces kasseri, graviera, or Gruyere, shredded or thinly sliced and cut into several inch-wide pieces

INSTRUCTIONS: Peel stems and cut from artichokes. Slice and place in a bowl of water with the juice and shell of half a lemon.

Working one at a time, trim artichokes by pulling back leaves until they snap off. Do

this until you reach the tender light yellow-green leaves. Trim bottom of hearts gently with a paring knife, just trimming off hard bits of outside leaves.

Cut artichokes in half. Scoop out fuzzy chokes. Slice artichokes about 1/8-inch thick. Put in lemon water with the stems. Repeat until both artichokes are trimmed and sliced.

Heat olive oil in a heavy wide skillet, preferably non-stick. Drain artichokes and pat dry. Add them one at a time to skillet. Cook over medium-high heat, turning once or twice, until artichokes are just tender and lightly browned in spots.

Sprinkle with half the garlic and parsley, then sprinkle with cheeses. Increase heat and cover, letting heat of pan brown bottom of artichokes, melt the

cheese and brown it at the bottom. This should take slightly longer than 5 minutes. Remove from heat. Sprinkle with remaining garlic and parsley.

Alternatively, you can prepare this using 4 shallow ramekins: Arrange artichoke slices on bottom. Sprinkle with garlic, parsley and cheeses. Place in a preheated 400° oven for about 10 minutes, until cheese melts and sizzles and browns slightly on top.

Let people dig into it on their own, or serve it on plates. Just take care that the saganaki does not get cold, as it becomes heavy and unpleasant.

Serves 4 as a meze

PER SERVING: 190 calories, 11 g protein, 8 g carbohydrate, 14 g fat (7 g saturated), 36 mg cholesterol, 291 mg sodium, 4 g fiber.