

tender when pierced through stem with fork, turning occasionally, 30 to 40 minutes, depending on size of artichokes. Drain.

Place 1 hot artichoke on each of 6 plates. Divide bagna cauda among small bowls or ramekins. Serve artichokes with warm bagna cauda.

TEST-KITCHEN TIPS To separate garlic cloves quickly, place the head of garlic on a work surface, then push against the top or bottom of the head of garlic with the palm of your hand. Use scissors to cut off the tips of pointed artichoke leaves.

SAUTÉED CHICKEN PAILLARDS WITH ARTICHOKE HEARTS

4 SERVINGS At the center of the spiky leaves of the artichoke is the heart, the most tender, flavorful part of the vegetable. It takes a little work to get to the heart, but the extra effort is well worth it.

- 1 lemon, cut in half
- 3 large artichokes
- 6 skinless boneless chicken breast halves
- ¼ cup all purpose flour
- ¾ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 3 tablespoons olive oil, divided
- ½ cup minced shallots (about 2 large)
- ½ cup dry white wine
- 1 cup low-salt chicken broth
- 4 teaspoons chopped fresh tarragon plus additional for sprinkling
- 3 tablespoons chilled butter, cut into ½-inch cubes

Squeeze 1 lemon half into large bowl of cold water. Working with 1 artichoke at a time, trim all but 1 inch from artichoke stem. Break off all dark green leaves from artichoke until only pale green leaves remain. Using large serrated knife, cut off top ⅔ of leaves from artichoke. Rub cut edges with other lemon half. Using paring knife, trim any dark green parts from outer heart and stem. Quarter artichoke through stem. Using spoon, scrape out fuzzy choke. Thinly slice artichoke heart and place in bowl of lemon water. Repeat with remaining artichokes.

Place chicken breasts between 2 sheets of plastic wrap. Using mallet, pound to ½- to ⅓-inch thickness. Whisk flour, salt,

and pepper in small bowl. Dredge chicken breasts in flour mixture; shake to remove excess. Place on plate.

Heat 1 tablespoon olive oil in heavy large skillet over medium-high heat. Add 3 chicken breasts and cook until golden brown and just cooked through, about 3 minutes per side. Transfer chicken to another plate. Repeat with 1 tablespoon oil and remaining chicken breasts.

Add remaining 1 tablespoon oil to same skillet. Add shallots; sauté until beginning to soften, about 1 minute. Drain artichokes; add to skillet and sauté until beginning to soften, about 3 minutes. Add wine to skillet and simmer until wine is almost absorbed, scraping up any browned bits, about 1 minute. Add chicken broth and 4 teaspoons tarragon; cover and simmer until artichoke hearts are tender, about 5 minutes. Season sauce with salt and pepper. Return chicken breasts with any accumulated juices to skillet. Gently toss to combine. Remove skillet from heat. Add butter and stir gently until butter is melted. Transfer to platter. Sprinkle with additional tarragon and serve.

ROSEMARY AND MUSTARD PORK LOIN WITH BABY ARTICHOKE, SHALLOTS, AND VERMOUTH JUS

4 SERVINGS Small, tender baby artichokes are easier to prepare than their larger counterparts. The lightness of the artichokes is delicious with the rich pork.

- 2 lemons
- 16 garlic cloves; 6 peeled, 10 unpeeled
- 1 tablespoon chopped fresh rosemary
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 3 tablespoons whole grain Dijon mustard
- 18 baby artichokes (about 1¾ pounds)
- Nonstick vegetable oil spray
- 1 3-pound boneless pork loin
- 10 small shallots, peeled
- 2 tablespoons olive oil
- ¾ cup dry vermouth or dry white wine
- 1 cup low-salt chicken broth

Grate enough lemon peel (yellow part only) from 1 lemon to measure 2 teaspoons. Grind lemon peel and 6 peeled garlic cloves, rosemary, salt, and pepper in mortar with

pestle or in mini processor until paste forms. Add mustard; mix until blended.

Cut peeled lemon in half. Fill large saucepan ¾ full of water. Squeeze 1 lemon half into water; add squeezed lemon half to saucepan. Sprinkle water with salt and bring to boil.

Meanwhile, working with 1 artichoke at a time, cut off top ⅓ of artichoke. Break off dark outer leaves until only pale green leaves remain. Using vegetable peeler, trim stem and any uneven parts around heart. Rub cut edges with second peeled lemon half. Place in saucepan of boiling salted water with lemon. Cook until artichokes are tender when pierced with knife, about 8 minutes. Drain; pat dry. **DO AHEAD** Mustard paste and artichokes can be made 1 day ahead. Cover separately and chill.

Coat 13x9x2-inch roasting pan with nonstick spray. Place pork, fat side up, in pan. Rub mustard paste over top and sides of pork. Let marinate at room temperature 30 minutes. Place artichokes, 10 unpeeled garlic cloves, shallots, and oil in medium bowl. Sprinkle with salt and pepper; toss to coat and set aside.

Preheat oven to 450°F. Roast pork until crust begins to brown, about 20 minutes. Reduce heat to 350°F. Arrange artichoke mixture around pork. Roast until instant-read thermometer inserted into center of roast registers 145°F and vegetables are tender, about 45 minutes. Transfer pork to work surface; tent with foil to keep warm and let rest 15 minutes.

Using slotted spoon, transfer vegetables to medium bowl; cover to keep warm. Place roasting pan directly on stovetop over medium-high heat. Add vermouth and bring to simmer, scraping up any browned bits with wooden spoon. Simmer until reduced to ¼ cup, about 3 minutes. Add chicken broth; simmer until reduced to scant ½ cup jus, about 3 minutes. Season with salt and pepper.

Cut pork into ¾-inch-thick slices; arrange on platter. Spoon vegetables around pork. Serve, passing jus alongside. ■

Ivy Manning is a food writer and cookbook author based in Portland, Oregon. Her most recent book is The Adaptable Feast: Satisfying Meals for the Vegetarians, Vegans, and Omnivores at Your Table.