JAMES OSELAND; FACING PAGE: ANDRÉ BARANOWSKI

WHILE MUCH OF my neighborhood in the foothills south of San Francisco has been overrun by pink stucco McMansions, there are still places where the wild things grow. A little over a year ago, driving down a winding canyon road at dusk, I rounded a blind curve and encountered a deer, standing just off to the side of the road in thick underbrush, devouring what appeared to be an artichoke. Was this the progeny of a rogue plant that had gone wild a hundred years ago, when this part of California produced most of the nation's artichokes?

The artichoke, cultivated since the dawn of recorded history, remains just a half step removed from wildness. Take a classic globe artichoke gone to seed, let nature run its course for a couple of seasons, and the result will be indistinguishable from what that deer was chewing on: a woody thistle with fierce, talonlike barbs. In effect, seeing an artichoke in the supermarket is not so different from seeing a coyote trotting through the Westminster Kennel Club.

Artichokes hold a singular place in my culinary lexicon—comforting and familiar yet exotic and mysterious. Growing up here, in the temperate coastal zone of Northern California, not too far from where most domestic artichokes are now cultivated, I took the vegetable as a given. The perennial green globe—the kind you find in almost any grocery store in the United States—was a Golden State birthright, up there with being able to wear shorts in December. The big, meaty artichokes on my family table were served in an unpretentious style: steamed, pulled apart leaf by leaf, each leaf dipped in melted butter or Best Foods mayonnaise and pulled through clenched teeth to scrape away the flavorful flesh, until all that was left was the succulent heart.

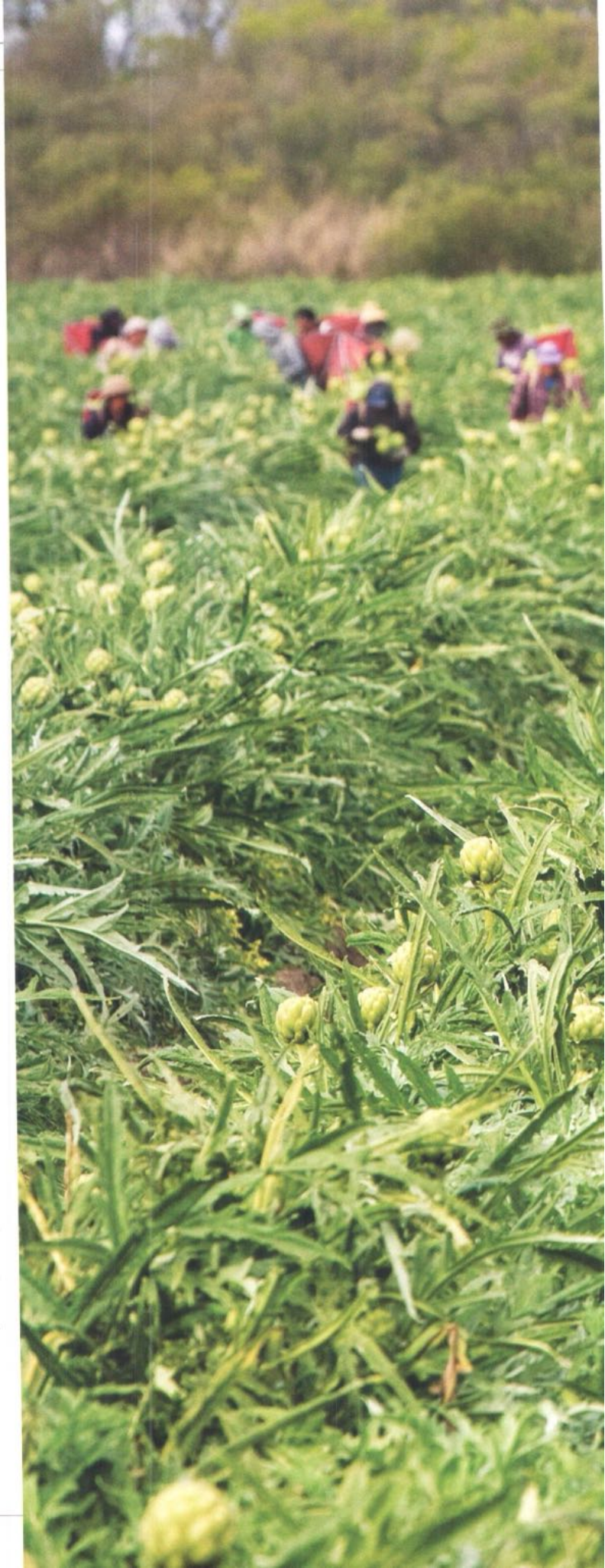
Today, the artichoke is a local talisman that I share with every out-of-state visitor. I have a favorite day trip, on a curvy road through the redwoods and out to the beach, that includes a pit stop in the town of Pescadero, where Duarte's Tavern has been ladling up an unspeakably decadent cream of artichoke soup for more than 50 years. Mop it up with half a loaf of warm sourdough bread, and you have something verging on a religious awakening. In my own kitchen, the dinner pairing that speaks the most eloquently of home is steamed artichokes with

THERE IS A SUBLIME TEXTURE TO A PERFECTLY STEAMED ARTICHOKE HEART: FIRM YET CREAMY IN A WAY THAT CAN BE DESCRIBED ONLY AS CONFECTIONARY

dungeness crab bought live off the boats at Pillar Point Harbor. The beauty is in the simplicity: any cook who can boil water can make this dish. The tastes are so pure and well defined that the only things necessary to accentuate them are lemon and butter.

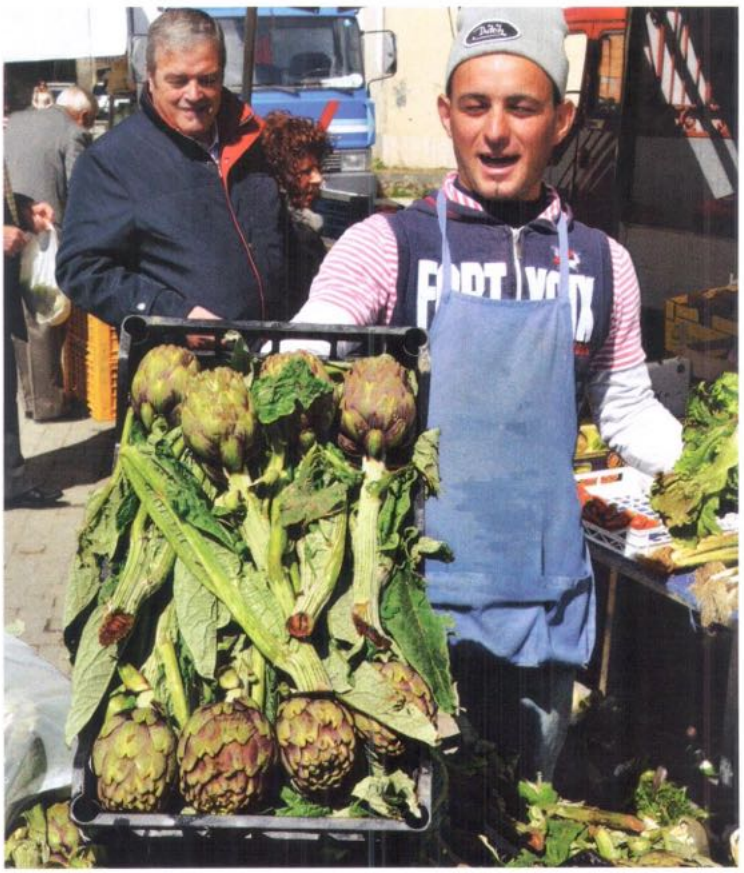
There is a sublime texture to a perfectly steamed artichoke heart: firm yet creamy in a way that can best be described as confectionary. Should that not be enough, consider that artichokes are a platform for every guilty pleasure from prosciutto to hollandaise sauce. Few foods can be so earthy and so elevated at the same time.

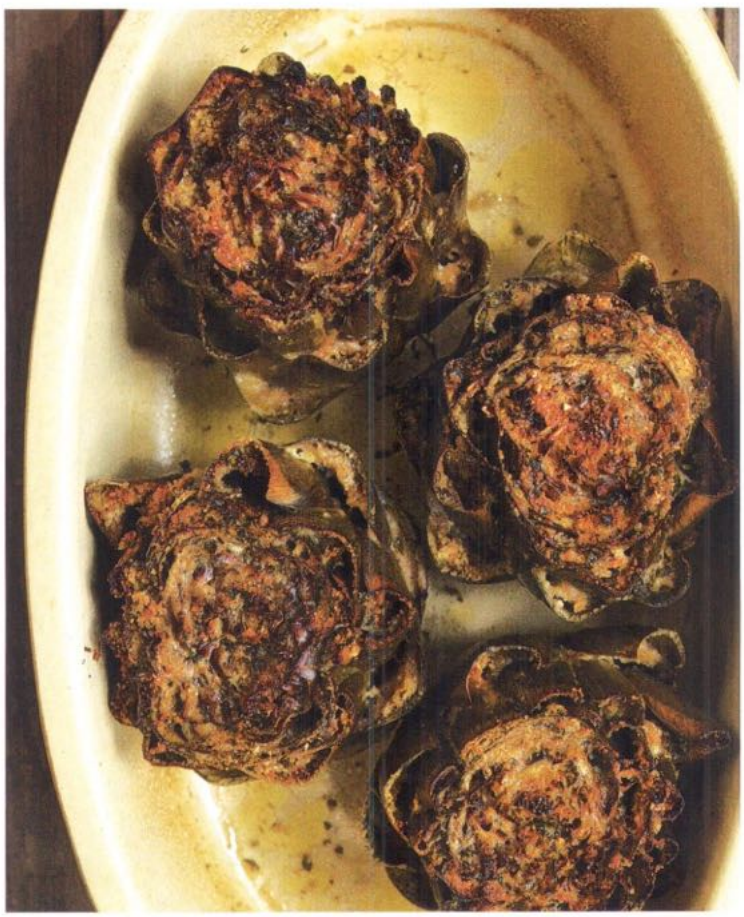
Which is not to overlook the



BARBARA RIES

Pickers near Castroville, California, right. Previous pages, from left: braised baby artichokes (see recipe on page 75); a lyon artichoke, one of several lesser-known varieties becoming more widely available in the U.S.





prickly truth: at first blush, this primordial flower—a member of the species *Cynara cardunculus* and a cousin of the wild cardoon (a thistle that has been domesticated and harvested for its stalk and heart)—looks like an armadillo, hiding its beauty behind rows of armor plates. Those spiky leaves are actually the immature bloom's petals, called bracts; they're inedible in larger plants, except for the bract's fleshy bottom portion. Just above where the stalk meets the flower resides the bud's meaty, edible base, or heart. The heart serves as the receptacle for the plant's inedible immature florets, called the choke, which must be scooped away—except in the case of smaller artichokes, whose chokes can be eaten. And, though it's ignored by many cooks, the portion of the stalk that's left attached to some fresh artichokes, especially those sold at farmers' markets, is delicious, too. I simply peel the tough skin off the stem, slice it, and steam it along with my whole artichokes. That's what I find so intriguing about this unique vegetable, with its mellow sweetness like that of ripe fruit: its charms reveal themselves so readily to any cook willing to get past its barbed exterior.

THE ARTICHOKE, A HERALD OF SPRING, IS POSITIVELY SACRED IN MIDDLE EASTERN AND MEDITERRANEAN COUNTRIES

IF THE ARTICHOKE is cherished in the part of the world where I live, it is positively sacred in Mediterranean and Middle Eastern countries, where all sorts of varieties of the vegetable are cultivated and consumed in abundance—the white tudelas of Spain, the violet midis of southern France, the cylindrical catanese of Italy, and many more (see "9 Artichoke Varieties", page 69, for descriptions of some of the kinds available in the United States). What's more, in places like Rome, Damascus, Athens, and Cairo, steaming or boiling is just the beginning. The historic canon of artichoke recipes is full of preparations both simple and elaborate that have been savored since antiquity. The vegetables can be fried whole (for a Roman preparation called alla giudia), stuffed with seasoned bread crumbs and baked (an Italian-American favorite), stewed with garlic (an Egyptian dish called kharshouf bi zeit), simmered and served with preserved lemon and honey (a dish of Moroccan origin that can be eaten hot or cold), roasted with rosemary-infused lamb and potatoes (popular in Greece), sautéed in an omelette (a Greek and Syrian favorite), and cooked with fava beans (a springtime treat all over the Mediterranean).

Artichokes are perennials that will yield a crop in the spring (and, usually, a smaller one in the fall) for five to ten years, until the plant completes its life cycle. In parts of the world where artichokes are grown, the food is one of the earliest and most eagerly awaited heralds of winter's end. "Growing up in Cairo, we had *so* many artichokes in the spring," said Claudia Roden, the expert on Mediterranean and Middle Eastern cooking, when I called her at

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DAVID PLOTNIKOFF's *most recent article for* SAVEUR *was "One-Man Show" (January/February 2009).*

Left, from top, a vendor selling artichokes, stalks and all, at a farmers' market in Sicily; stuffed artichokes (see recipe on page 75). Facing page, fettuccine with artichokes and chicken (see recipe on page 75).


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9 ARTICHOKE VARIETIES

Scores of different artichoke cultivars—encompassing a wide range of sizes, shapes, and colors—are available outside the United States. Here, by contrast, a single variety has dominated the market since the 1920s: the big, round California green globe. But in recent years California growers like Steve Jordan of Baroda Farms, in the town of Lompoc, have started to change that. Since 1986, Jordan has been developing domestic cultivars based on artichoke varieties commonly found in Italy and France. Some of the varieties Jordan grows work well as annuals, which are planted anew from seed each year and are not subject to the rigid spring-fall harvest cycle that governs perennials like the classic green globe, which comes from a single plant that is cultivated year after year. All nine specimens shown here—some perennials, some grown from seed—came from Baroda Farms. (See page 96 for information on contacting the company.) *—Karen Shimizu*

① Light red and only roughly one inch in diameter when fully grown, the purple **baby anzio** is a relative of the romanesco artichoke of the Lazio region of Italy. Like many baby artichokes, baby anzios can be cooked and eaten whole.

② Developed in the mid-1980s by a California grower named Rusty Jordan, the **big heart** is aptly named. It is endowed with a large, fleshy base and weighs in at over a pound. This green, 3 ½–5 ½" giant—the first patented annual artichoke grown from seed—is excellent for stuffing.

③ The **classic green globe**, sometimes called just the globe, has a buttery-tasting heart and bottom and an ample amount of meat at the base of the petals. This artichoke, which ranges in size from three to five inches in diameter and was traditionally cultivated as a perennial, was originally brought to California from Italy but is similar in shape and flavor to the French camus de bretagne, a summer choke grown in Brittany.

④ The oblong **siena**, about four inches in diameter and born of a breeding program in central Italy, has a small choke and a wine red color. Slow to mature and still grown in relatively small quantities, this small artichoke usually weighs less than a pound and has a heart tender enough to be eaten raw.

⑤ The petite **mercury**, with its red-violet hue and distinctive rounded top, is sweeter than many other artichokes and is usually three and a half inches in diameter. Like the baby anzio, the mercury is derived from the Italian romanesco.

⑥ The dense and rotund **omaha** artichoke (up to six inches wide) owes its striking appearance to its sharply tapered red-and-green leaves. The omaha is less bitter than many artichoke varieties.

⑦ The two-inch-wide **fiesole** artichoke has a fruity flavor and a deep wine color that does not fade with cooking. Bred from the violetta de provence, a purple variety native to southern France, the fiesole has a comparatively tender stalk that can be quickly steamed and eaten.

⑧ The **chianti**, a classically shaped, four-inch-wide green artichoke with a touch of maroon on the leaves, also (like the mercury) traces its lineage to the iconic Italian romanesco.

⑨ The blocky and vividly colored **king** has distinctive green spots at the tips of its leaves. Usually four inches in diameter and bred from romanesco varieties mixed with other Italian artichoke strains, the king typically weighs more than a pound in peak season.

JAMES OSELAND (9)

her present-day home in London to talk 'chokes. "In season, we had vendors coming to our kitchen door with huge crates of big artichokes. We'd stew some of them in olive oil to eat right away, and we'd preserve others in salt and oil to have them year-round." Today, she said, she often buys the excellent frozen Egyptian artichokes that she finds in stores in London all year long; she's been using them lately to make Spanish-style stewed artichokes with prawns and boiled artichokes served with a "pesto" of parsley and lemon. Still, Roden told me, she will always think of artichokes as a deeply seasonal ingredient.

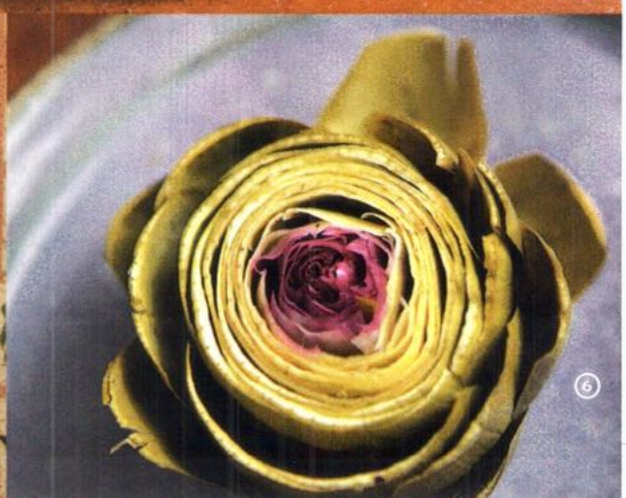
BOTANISTS HYPOTHESIZE that artichokes may have first been cultivated in Sicily as early as 300 B.C.; the Greeks and the Romans are said to have enjoyed eating them with honey and vinegar. North African farmers refined cultivated versions of the plant during the ninth and tenth centuries, and Arab traders spread them across the Mediterranean during the early Middle Ages. By the time of the Renaissance, the vegetable had become a cornerstone ingredient in French and Italian cookery. (The English, French, Spanish, Italian, and Portuguese words for artichoke are all derived from the Arabic word for the plant, *al khurshuf.*)

Cultivars from France and Spain were brought to the United States in the early 1800s and were first cultivated commercially in Louisiana and California. But it wasn't until nearly a century later, when Italian immigrants in San Mateo County, in Northern California, found artichokes to be well suited to the region's sandy coastal soil and temperate climate, that commercial cultivation began on a large scale. In 1921, some of those farmers introduced artichokes a hundred or so miles south, in Monterey County, which now produces nearly 75 percent of the 46,000 tons of fresh artichokes consumed in this country each year. (Most of the rest come from elsewhere in California.) Virtually all of them are marketed as "green globes", "globes", or just "artichokes".

Which is not to say that it's impossible to grow artichokes in this country outside California. I was surprised to learn that two Maine farmers, Barbara Damrosch and Eliot Coleman, have been growing organic artichokes on their Four Season Farm since the late 1960s. They work with a cultivar called imperial star, growing 300 plants from seed planted in February and harvesting 2,500 to 3,000 artichokes as a late-summer crop; they sell their product at their farm stand and to local restaurants. "People are always surprised to be able to order a Maine artichoke," Coleman says.

WHAT IS SO INTRIGUING ABOUT THIS UNIQUE VEGETABLE IS THAT ITS CHARMS REVEAL THEMSELVES READILY TO ANY COOK WILLING TO GET PAST ITS EXTERIOR

Still, with the exception of small-scale operations like Damrosch and Coleman's, artichoke farming in the United States is essentially a monoculture (that is, dedicated to a single crop or, in this case, a variety of crop). "People from the Mediterranean would be very amused by what we consider to be artichokes here," Nancy Harmon Jenkins, author of the recently updated *The New Mediterranean Diet* (Bantam, 2009), told me, noting that in Italy alone dozens of varieties are available at produce markets. "It's not that they wouldn't recognize them. They'd just be surprised by the fact that we have just this one variety." The closest *(continued on page 73)*



6 QUICK PREPS

With their subtle flavor and toothy texture, artichokes lend themselves to all sorts of fast, simple preparations. Here are six of our favorites. ① Whether cooked over coals or under a broiler, halved **grilled baby artichokes** have a delicate yet concentrated flavor and a crisp exterior; we like to anoint them with olive oil and add a squeeze of lemon and a pinch of crunchy salt while they're still hot. ② A refreshing side dish, a **raw artichoke salad** unites the pleasantly bitter flavor of thinly sliced raw baby artichoke hearts with the clean taste of torn mint leaves and the nuttiness of shaved parmesan. ③ One of our favorite ways to use tangy marinated artichokes is for **crostini**; just spread some creamy mascarpone or ricotta cheese on a piece of toasted country bread that's been rubbed with a bruised garlic clove, then toss the artichoke hearts on top and garnish with snipped chives. ④ A staple of Southern garden club and church luncheons, the **tea sandwich** takes on a more satisfying dimension with the addition of canned artichokes; simply cut the crusts off sliced dark bread and slather it with a homemade spread of canned artichokes pulsed in a food processor with some mayonnaise. ⑤ We always try to keep a jar of **home-marinated artichokes** on hand for pasta dishes or omelettes. We also love to make our own with frozen artichoke hearts tossed in olive oil and a generous pinch each of dried thyme, oregano, and crushed red chile flakes ⑥ **Whole steamed artichokes** are an everyday delicacy that requires nothing more than steaming the whole vegetable and carrying it to the table with your dipping sauce of choice (see page 77 for some of our favorite sauces). *—Hunter Lewis*

W *Detailed recipes for these preparations at* SAVEUR.COM/ARTICHOKES

ANDRÉ BARANOWSKI (5); BOTTOM LEFT: VIRGINIE BLACHÈRE

TRIMMING TIPS

Some cooks prefer to cook large artichokes before trimming, but the following technique makes precooking unnecessary. The trick is to use a knife to cut away the leaves instead of plucking them off by hand. (See page 92 for tips on trimming baby artichokes.) *—Ben Mims*

① Use a serrated blade to cut away the top of the leaves about halfway between the tip and the base.

② Hold the artichoke with the stem pointed toward you and make a shallow vertical cut into the artichoke. Then, holding the blade of the knife at an angle, rotate the artichoke, moving the knife in between the tough, outer green leaves and the tender, inner yellow leaves so that the tough green ones fall away.

③ Remove any stray outer leaves by snapping them off at the base. With a small paring knife, trim away any remaining green patches from the exposed inner leaves.

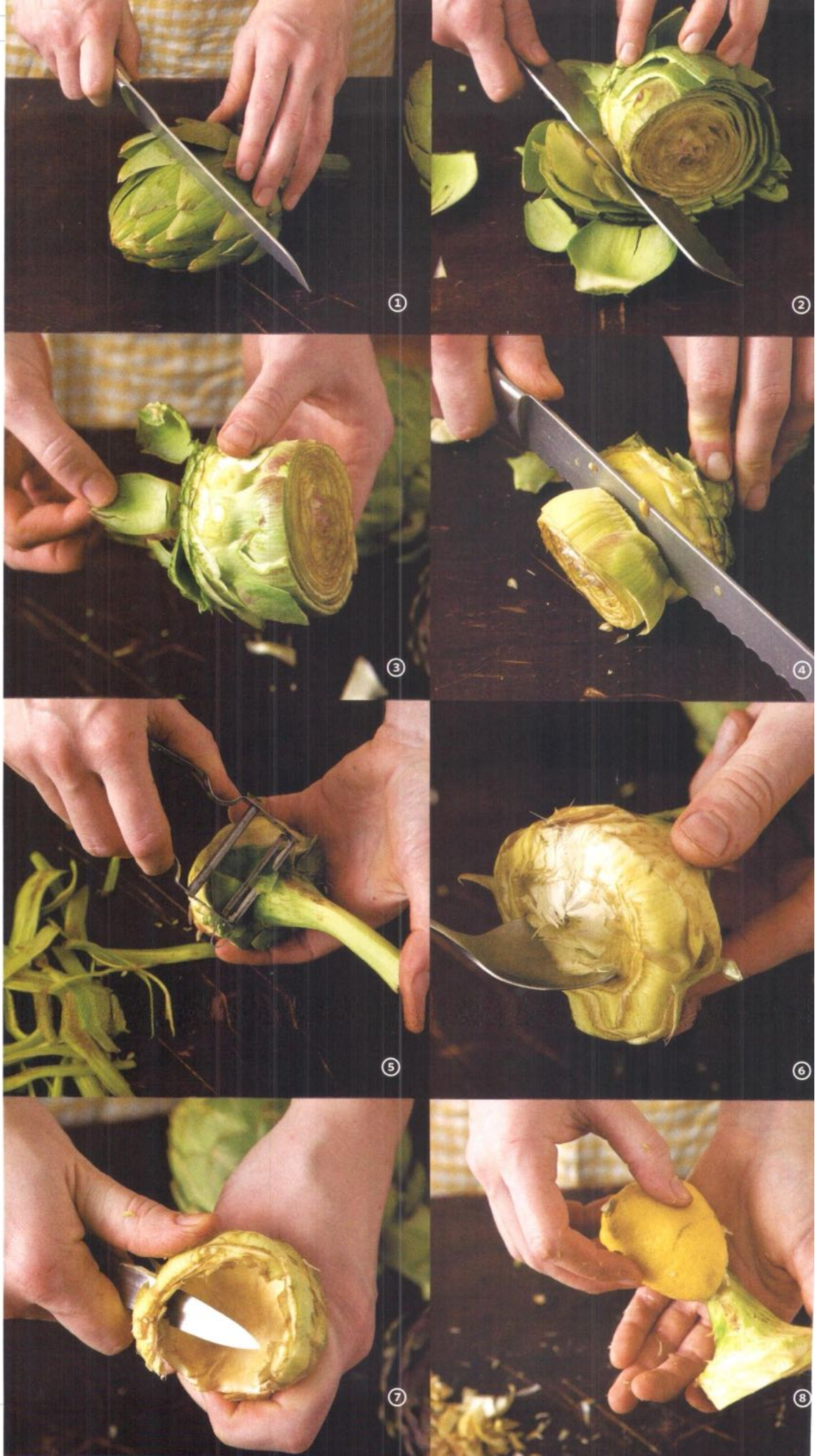
④ Cut away the remaining leaves a half inch above where they meet the base of the artichoke.

⑤ Remove the green outer layer of the stem and base using a vegetable peeler. Cut off the bottom half inch of the stem and trim away any remaining green parts from the underside of the base.

⑥ Insert a spoon into the fuzzy choke at the center of the artichoke and scrape firmly along base and rim to scoop out all the fibers.

⑦ Run a paring knife vertically along the outer edge of the base to remove any remaining leaf stubs.

⑧ To prevent oxidation, rub the surface of the artichoke base with the cut side of a lemon. Or, place trimmed hearts in water mixed with lemon juice until ready to use.



(continued from page 69) many American cooks get to international varieties is by buying the many types of bottled and frozen hearts, which are imported primarily from Chile, Peru, and Spain (see "Packaged, Naturally", page 77).

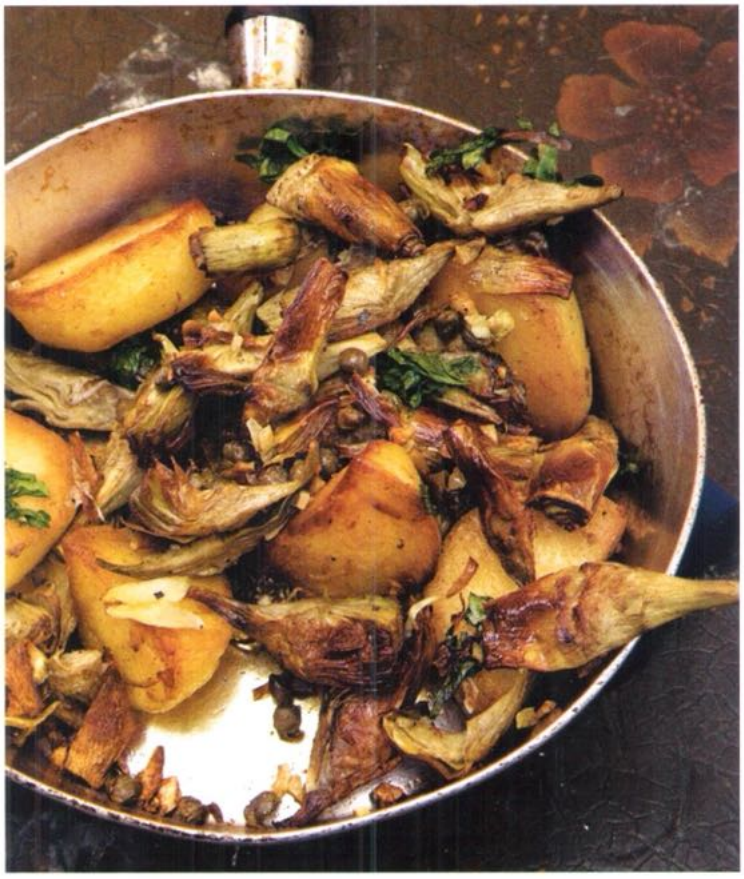
In California, the green globe remains king, and it's central to the civic identity of Monterey County's artichoke country, particularly the town of Castroville, the self-proclaimed "Artichoke Center of the World". The town's artichoke farms are tightly concentrated along the coastal fog belt, which has a microclimate of very mild winters and cool summers, comprising a narrow strip of land bisected by Highway 1. On a recent visit, I pulled off the road and cruised, windows down, along the sandy dirt roads between the artichoke fields. I was close enough to the ocean to smell it and sometimes even feel it on my cheeks.

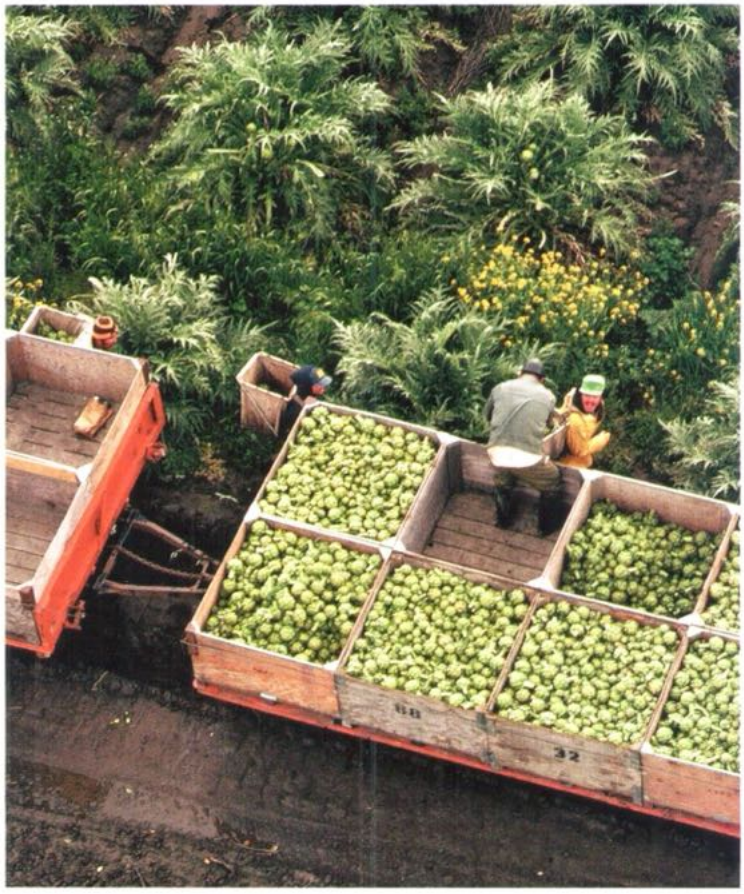
I'd come to Castroville during the spring harvest to talk with Michael Scattini, a 39-year-old artichoke farmer who works many of the same fields that were tended by his father, grandfather, and great-grandfather. I met up with Scattini at his Ocean Ranch Lot 4, a wedge of rich alluvial soil between the ocean and the Salinas River. The harvest, Scattini told me as we drove in his pickup truck deep into the field, still depends on hand labor. Sure enough, I could see 60 or so field workers in high rubber boots and hooded sweatshirts, flipping artichokes over their shoulders into red canvas bags on their backs. When they got to the end of a row, each crew member dumped 75 pounds of artichokes onto a long trailer that functioned as a mobile packing shed. Then they headed back into the muddy, knee-deep furrows for another pass.

We got out of Scattini's truck, and he grabbed hold of a plant. "See the thin leaf coming off the top here?" Scattini said, plucking a feathery piece near the top of the stalk. "That's what's called a rooster plume. When you see those, the bud is starting to expose itself. You know you're getting close to harvest, two or three weeks out." Ultimately, the size of the largest buds and their tightness tell him when to pick a field. The size of the harvested artichoke depends on its position on the stalk, with the largest, "terminal" bud at the top of the plant, the secondary buds near the middle of the stalk, and the smallest buds (which are sold as baby artichokes) nearest the ground. Scattini told me that the softball-size artichokes from the top of the plant are far more popular with consumers than the golf ball–size ones from farther down. "Hey, this is America," he said. "Bigger is better, right?"

I SAUTÉED A FRESH ARTICHOKE HEART IN OLIVE OIL, TOASTED SOME HOMEMADE BREAD, AND SAID TO MYSELF, IT'S SPRING IN CALIFORNIA. I'M HOME

Indeed, Castroville's spring artichokes are round and meaty, in noticeable contrast to the secondary fall crop, which consists exclusively of comparatively small, pine cone–shaped buds. In recent years, wild price swings arising from imbalances in supply and demand for the big green globes has prompted Scattini and the 23 other growing companies that constitute California's artichoke industry to find a way to level the peaks and valleys of the





Right, from top, artichoke and potato hash, a perfect accompaniment to grilled skirt steak (see recipe on page 76); workers loading freshly picked green globes onto a trailer in Castroville, California.

interior. (For illustrated, step-by-step instructions on trimming baby artichokes, see page 92.) Put trimmed artichokes into lemon water; set aside.

❷ Heat the oil in a dutch oven over medium-high heat. Add the garlic, mushrooms, and carrots and cook, stirring frequently, until soft, about 8 minutes. Season the chicken with salt and pepper. Increase heat to high and add the chicken and tomato paste; cook, stirring occasionally, until chicken is lightly browned, about 6 minutes. Add the vinegar and cook, stirring constantly, until liquid has evaporated, about 1 minute. Drain the artichokes and add them, along with 2 tbsp. tarragon and the chicken broth, to the pot. Bring broth to a boil and reduce heat to medium-low. Simmer until chicken and artichokes are very tender and the broth has reduced by half, about 40 minutes. Season with salt and pepper and set sauce aside.

❸ Meanwhile, bring a pot of salted water to a boil over high heat. Add pasta and cook until al dente, about 7 minutes. Reserve 1 cup pasta water. Drain pasta and transfer to pot with artichoke and chicken sauce; set over high heat. Bring sauce to a boil, stir in ½ cup parmesan and cook, tossing occasionally with tongs, until sauce thickens and clings to pasta, about 2 minutes. (If sauce is too dry, pour in a little pasta water.) Add remaining tarragon and season with salt and pepper. Transfer pasta to 4 bowls and sprinkle with remaining parmesan.

THE WINE QUESTION

Of all the ingredients you can pair with wine, the artichoke surely comes with the biggest "Thou shalt not" staring the would-be sommelier in the face. I've heard the alarmist claims: "Don't drink wine with artichokes!" "Only water goes with artichokes!" And I can confidently say, It's all bosh. In fact, the flavor of water responds to artichokes in exactly the same way that the flavor of wine does, and, once you understand that interaction, you can contrive to drink anything you darned well please with artichokes.

At the heart of the matter is a naturally occurring acid called cynarin, a chemical component of all artichokes. Savvy sommeliers have long been hip to the fact that cynarin causes people who are eating an artichoke to perceive a little sweetness in the very next bite or gulp of anything. This curious property—far from messing up the wine-with-food equation—actually gives the matcher a huge advantage. Finding the right wine always comes down to understanding the interplay of a few basic gustatory qualities: sweetness, dryness, acidity, bitterness, tannin level. No other food gives you the head start that artichokes give you: the matcher knows that any prospective wine for artichokes is going to taste sweeter next to the food. What's so perplexing about that?

When choosing a wine to go with artichokes, then, do not choose an off-dry riesling, which is going to taste like a sweet riesling (unless you want a sweet riesling with your artichoke). And do not choose a 1961 Château Latour from Bordeaux, whose exquisite balance is going to be tipped by an artichoke. Do choose a wine that can get a boost from an enhanced impression of sweetness. Formidably dry no-dosage champagnes (which are made without added sugar), like Laurent-Perrier Ultra-Brut, pair brilliantly with artichokes, as do some of the more famously austere rosés from southern France, like those of the Tavel appellation. There are also wines from the Republic of Georgia—made from relatively obscure grape varieties like mtsvane and kisi—that are beautifully softened and romanced by artichokes. And if reds are your thing, take heart: they too can love the thistle! Look for something like a very dry barbera from the Piedmont region of Italy; its fearsome acidity will be civilized by the cynarin interaction.

I suppose it bears mentioning that the concentration of cynarin is the strongest in the artichoke leaves and the weakest in the artichoke's bottom, or heart, and perhaps there are sommeliers out there who, when asked to pick a wine for pairing with artichokes, respond by asking, "Bottom or leaves?" As far as I'm concerned, that's unnecessarily complicating a perfectly simple equation. —*David Rosengarten*

FROM LEFT: ANDRÉ BARANOWSKI (2); SARAH KARNASIEWICZ; ANDRÉ BARANOWSKI; MICHAEL KRAUS

SKIRT STEAK WITH ARTICHOKE AND POTATO HASH

SERVES 4

This recipe is based on one from David Tanis, the author of *A Platter of Figs* (Artisan, 2008) and the chef at Chez Panisse in Berkeley, California.

- **2 lbs. skirt steak, cut into 4 portions**
- **Kosher salt and freshly ground black pepper, to taste**
- **⅓ cup plus 3 tbsp. extra-virgin olive oil**
- **2 lbs. medium potatoes, such as yellow finn or yukon gold, peeled and cut into 1" chunks**
- **15 baby artichokes (about 2 lbs.)**
- **2 lemons, halved**
- **1 cup flat-leaf parsley leaves, roughly chopped**
- **2 tbsp. capers**
- **4 cloves garlic, finely chopped**

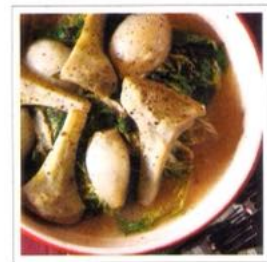
❶ Season steaks with salt and pepper. Massage steaks with 2 tbsp. oil. Let sit at room temperature for 1 hour.

❷ Bring 6 cups salted water to a boil in a 2-qt. saucepan. Transfer potatoes to boiling water, reduce heat to medium, and simmer until almost tender, about 4 minutes. Drain potatoes; transfer to a baking sheet; let cool.

❸ Trim away tough outer leaves of artichokes to expose their tender, pale green interior. (For illustrated, step-by-step instructions on trimming baby artichokes, see page 92.) Slice artichokes lengthwise into ¼"-thick wedges. Rub artichokes with the cut sides of the halved lemons; set aside.

❹ Heat ⅓ cup oil in a 12" cast-iron skillet over medium-high heat. Add potatoes and cook, flipping occasionally with a metal spatula, until they are light brown, about 10 minutes. Add artichokes and cook, flipping occasionally, until artichokes and potatoes are golden brown and tender, about 10 minutes. Season with salt and pepper. Add parsley, capers, and garlic. Stir to combine and set hash aside off heat.

❺ Heat remaining oil in a 12" cast-iron skillet over medium-high heat or prepare a medium-hot charcoal fire in a grill. Add steak and cook, flipping once with tongs, until seared, crusty, and medium rare, 6–8 minutes. Transfer to a platter and let sit for 5 minutes. Slice steak against the grain, divide between 4 plates, and squeeze the lemon halves over steaks. Serve with the hash.



GREENS AND ARTICHOKES STEW

SERVES 4

The recipe for this dish, a springtime favorite in the Middle East, comes from Greg and Lucy Malouf, the authors of *Turquoise* (Chronicle, 2008).

- **¼ cup plus 2 tbsp. extra-virgin olive oil**
- **6 large, full-size artichoke hearts with stems quartered (see page 72 for step-by-step trimming instructions)**
- **8 shallots, halved**
- **Kosher salt, to taste**
- **2 tsp. poppy seeds**
- **1½ tsp. ground sumac, plus more for garnish (optional; see page 96)**
- **½ tsp. hot paprika**
- **½ tsp. freshly ground black pepper**
- **8 oz. curly endive, roots trimmed**
- **8 oz. swiss chard, stemmed and**

thinly sliced lengthwise
1 lemon, quartered

❶ Heat ¼ cup oil in a 6-qt. dutch oven over medium-high heat. Add artichokes and shallots and cook, stirring occasionally, until light brown, about 10 minutes. Season with salt, add poppy seeds, sumac, paprika, and pepper, and cook, stirring frequently, until fragrant, about 2 minutes. Add 6 cups water and bring to a boil over high heat; reduce heat to medium-low and simmer, uncovered, until artichokes and shallots are tender, about 15 minutes. Add greens and cook, stirring once, until wilted, about 2 minutes.

❷ Season stew with more salt to taste. Using a slotted spoon, transfer greens to 4 shallow bowls. Top greens with shallots and artichoke hearts. Ladle ½ cup broth over vegetables; serve remaining broth on the side. Drizzle with remaining oil and squeeze a lemon wedge over each. Garnish with more sumac, if you like.

CREAM OF ARTICHOKE SOUP

SERVES 6

This recipe is based on a comforting dish served at Duarte's Tavern in Pescadero, California.

- **2 lbs. frozen artichoke hearts, thawed and roughly chopped**
- **4 tbsp. unsalted butter**
- **2 cups chicken broth**
- **3 cloves garlic, finely chopped**
- **Kosher salt and freshly ground white pepper, to taste**
- **⅓ cup cornstarch**
- **1 cup heavy cream**
- **1 tbsp. finely chopped parsley**
- **1 lemon, cut into 6 wedges**
- **Sourdough bread, for serving**

❶ Working in batches, purée 2 cups artichoke hearts with 2 cups water in a blender. Transfer puréed artichokes to a 6-qt. pot with the butter, chicken broth, garlic, and salt and pepper. Bring to a boil, reduce heat to medium-low, and simmer, covered, for 1 hour. (Stir soup occasionally so the soup at the bottom of the pot doesn't scorch.)

❷ In a small bowl, whisk together cornstarch with ½ cup cold water. Vigorously whisk cornstarch mixture and heavy cream into soup. Raise heat to medium-high and cook, whisking frequently, until slightly thickened, about 10 minutes. Strain soup through a mesh strainer into a clean pot over low heat; discard solids. Ladle soup into 6 bowls, garnish with parsley, and squeeze a lemon wedge over each. Serve with warm sourdough bread.

LEMON AÏOLI

MAKES ABOUT 1 CUP

Steamed artichokes are delicious when eaten with drawn butter, a vinaigrette, or—for a more exciting pairing—any of the following dipping sauces. (Pictured above, clockwise from top left: lemon aïoli, chimichurri, tarator sauce, and pepper and coriander brown butter sauce.)

- **1 egg yolk**
- **1 tsp. dijon mustard**
- **¾ cup olive or grapeseed oil**
- **1 tbsp. lemon juice**
- **Kosher salt, to taste**

Into the bowl of a food processor, put the egg yolk and mustard, and pulse to combine. Turn food processor on and slowly drizzle in the oil in a thin stream until sauce is thick and creamy. Stir in lemon juice and salt. (For a thinner aïoli, sprinkle in 1 tbsp. water and process to combine.)

CHIMICHURRI

MAKES ABOUT 1 ¼ CUPS

- **3 tbsp. red wine vinegar**
- **2 cloves garlic, finely chopped**
- **¾ cup extra-virgin olive oil**
- **¼ chopped flat-leaf parsley**
- **¼ cup chopped cilantro**
- **Kosher salt, to taste**

Combine the vinegar and garlic in a small bowl; let sit for 20 minutes. Stir in olive oil, parsley, and cilantro. Season with salt.

TARATOR SAUCE

MAKES ABOUT 1 CUP

- **4 cloves garlic**
- **½ cup tahini**
- **½ cup fresh lemon juice**
- **¼ cup finely chopped flat-leaf parsley**
- **Kosher salt, to taste**

In the bowl of a food processor, pulse garlic until finely chopped. Add tahini, lemon juice, parsley, and 3 tbsp. water; pulse to combine. Season with salt.

PEPPER AND CORIANDER BROWN BUTTER SAUCE

MAKES ½ CUP

- **1 tbsp. cracked black peppercorns**
- **1 tbsp. cracked coriander seeds**
- **8 tbsp. unsalted butter**
- **2 tbsp. red wine vinegar**
- **Kosher salt, to taste**

In an 8" skillet over medium-high heat, toast the peppercorns and coriander, swirling constantly, until fragrant, about 3 minutes. Add the butter and cook until deep brown and foamy, about 4 minutes. Stir in vinegar and salt. Serve warm.

W *A recipe for artichokes and broad beans at* SAVEUR.COM/ARTICHOKES