

## ARTICHOKES



- 4 Artichokes, peeled and cleaned
- 2 onions, finely chopped
- 1 glass white wine
- parsley, 2 bundles
- olive oil
- 2 Tbsp flour
- 3 tomatoes, diced
- Salt and pepper

Leave artichokes in water with salt and parsley to prevent blackening. Then dry them with paper towels.



In frying pan, pour oil and sauté onions. Add artichokes and cook them on all sides turning over.

Add parsley, flour and when mixture is well-blent, pour in white wine and then tomatoes.

Cover, simmer for 15-20 mins until tender.

Tip: You can add pieces of fish and/or mussels.



