



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mtevaz Lezzetler® Turkish cooking recipes

Artichoke With Olive Oil

Zeytinyaęlı Enginar



4 artichokes
15-20 shallots
14 tbsp olive oil
1 big potato
1 carrot
1 tsp flour
1 tsp salt
Juice of half of a lemon
1 sugar cube
2 cup water
8-10 dill stems

- # Clean the carrot and potato and dice.
- # Peel the shallots and artichokes, and clean.
- # To prevent the artichokes darken spread lemon juice on them.
- # Place artichokes into a pot, upper sides must be on the pots surface.
- # Add water on it and then add peeled shallots and chopped carrots, potatoes.
- # Finally add salt and sugar, add olive oil.
- # Cover the lid, cook for one and a half hour over low heat.
- # Let it cool down, and then sprinkle sliced dills on it and serve.

Note: You can use canned artichoke but in that case decrease the cooking time.