

03/28/12 - Passover Stuffed Artichoke Hearts

This is another favorite Passover recipe of mine. The little stuffed hearts look like savory lollipops inviting me to bite them. This makes another great vegetable side dish, evocative of spring, with a delightful velvety texture and a light lemony flavor. I eliminated the breading and frying and instead just braised the artichokes to lighten the dish.



Serves 6 to 84 large artichokes

Water

1 tablespoon fresh lemon juice

Filling:

1/ 2 pound ground beef chuck

1/ 2 cup minced fresh parsley



1/3 cup matzo meal

Sea Salt

Freshly ground pepper

2 extra large eggs

2 tablespoons oil

1 cup small diced fresh Roma tomatoes



1/3 cup small dice yellow onion

2 tablespoon fresh lemon juice



Trim and peel stems of artichokes. Remove all of the outer leaves, until you get down to the heart. Slice artichoke in half and using a sharp paring knife remove the



In a medium bowl, combine the filling ingredients, beef chuck through eggs. Take

artichoke hearts out of the water and pat them dry. Cut each heart piece in half. Now you have quartered hearts. Place a walnut size ball of filling on each heart



Heat a large 12 inch skillet with a lid on medium heat. Add oil, carefully place artichoke lollipops in the hot oil with the filling facing up, not touching the surface of



Next, add chopped tomatoes, onions, and lemon juice, then turn heat down to low



Braise artichokes for about 1/2 hour to 45 minutes. Remove lid to check if there is a bit of cooked down tomato and onion with artichokes cooked through. Allow artichokes to cool down in the pan and then remove one by one to serving platter or container to store. Keeps for several days refrigerated. Serve warm or cold as an appetizer or vegetable side dish.



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