

Stewed artichokes with almonds

Artichokes are used extensively in Mallorcan recipes: in paella, arroz brut or even in a delicious "tortilla de alcachofa". Here is a vegan recipe to give this great vegetable all the credit.

Preparation time: 40 min. · Level of difficulty: easy ·

Quantity

Ingredients for 2-4 servings.

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- 1 kg Artichokes
- 1 piece Big onion
- 4 piece Garlic cloves peeled and chopped
- 2 piece Ripe and aromatic tomatoes grate
- 100 ml Extra virgin olive oil
- 1 tsp Flower sea salt with lemon
- 100 ml White wine
- 1 tbsp Roasted almonds

Preparation

Unfortunately, there is never much left of the initially large artichoke heads:

Peel off the outer leaves with your fingers until they become much softer, cut off the whole upper part of the bud head up to half and cut from the bottom down to the bud base (the base becomes soft during cooking and tastes very delicious). Cut the artichoke into quarters and place immediately in a bowl with parsley leaves so that you don't turn brown.

Prepare a "sofrito" (the basis of most Mallorcan dishes, consisting of onion, garlic, tomato and good olive oil).

Heat the olive oil in a pot. Sauté the onion and garlic until everything is translucent. Then add the ripe tomatoes and the artichokes.

When the tomatoes are cooked, add the salt and wine to taste and simmer until the artichokes are soft but still firm to the bite.

Finally, stir in the almonds (raw or roasted to taste), roughly chopped, and serve immediately.