



Honey & Co.

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at home

Middle Eastern recipes from our kitchen



Baked artichokes with lemony ricotta dip

A starter for 4 or light dinner for 2

2 big artichokes or 4 small ones
1 lemon, sliced

a couple of sprigs of thyme

1 head of garlic, separated into
cloves but not peeled

250ml/8¾fl oz/generous 1 cup
water

250ml/8¾fl oz/generous 1 cup
white wine

1 tsp sea salt

1 tsp black peppercorns

2 tbsp olive oil

For the lemony ricotta dipping sauce

1 tub ricotta (about 200g/7oz/
scant 1 cup)

2 preserved lemons, flesh removed
and skin finely chopped

½ tsp sweet paprika

a sprinkling of salt and freshly
ground black pepper

3 tbsp olive oil

1. Heat the oven to 200°C/180°C fan/400°F/gas mark 6. If your artichokes are large, cut them into quarters; if they are small, cut them in half. A big serrated knife will do the job best. Rub the slices of lemon on the cut surfaces of the artichokes to stop them going black. To make life easier, you can now scoop out the chokes with a teaspoon or the tip of a small knife.

2. If you have an oven-proof, shallow pan with a tight lid, place the artichokes in it, cut-side up and quite snug; if you don't, just use a baking tray. Place the lemon slices, thyme and whole garlic cloves in between the artichokes. Pour the water and the wine on top, and sprinkle with the salt and peppercorns. Finally, drizzle with the olive oil. Cover with the lid, or with aluminium foil, if using a tray.

3. Place in a hot oven and bake for 30–40 minutes, until the leaves just come out as you pull gently.

4. Remove the artichokes from the cooking liquid and serve warm.

5. Mix all the dipping sauce ingredients together and serve with the warm artichokes.

