



### Stuffed Artichokes

#### Ingredients

- 4 artichokes
- 4 leeks, peeled, washed and finely chopped
- 4 tablespoons chopped fresh parsley, chopped
- 2 tablespoons 4-green or black olives, pitted and chopped
- 3 tablespoons capers
- 4 tablespoons olive oil
- 1 fillet anchovy, well rinsed (optional)
- Juice of one lemon
- fresh pepper
- 1 large can tuna, drained

#### Method

1. Leave artichokes immersed overnight in water and lemon juice.
2. In a mixing bowl, mix together the leeks, parsley, olives, capers, tuna, olive oil and anchovy.
3. Stuff centre of artichokes and between leaves with the mixture.
4. Fill a pan with one litre of water. Place the artichokes in the water in an upright position.
5. Season with fresh pepper. Cover the pan and cook slowly for at least one hour.

#### Serving Suggestions

It can be served with boiled potatoes, butter beans, cheeselets, pickled onions and fresh Maltese bread.

**Tip : When in season, artichoke hearts can be preserved in vinegar or oil.**

