



# Easy Cheesy Artichokes

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## Ingredients

for two servings:

2 fresh artichokes

1/2 tsp salt

1/2 tsp bicarbonate of soda

2 tbsp shredded provolone cheese

1/3 tsp ground black paper

1/4 tsp red paprika

for the white sauce:

2 tbsp ricotta cheese

3 tbsp heavy cream

1 tsp Parmesan cheese, finely shredded

1/4 tsp ground black paper

1/4 tsp ground nutmeg

1 tbsp butter

## Instructions

Clean the artichokes by removing the hard and brown leaves from the ends.

Pour 300 ml of water into a deep saucepan and pour over high heat. When the water boils add the salt and the bicarbonate of soda (the soda keeps the green color of the artichokes), then add the artichokes. Cover and cook until the artichokes are soft.

Remove from the heat and dry them, then very carefully cut them in half.

Preheat oven to 200°C - 400°F. Lightly grease a small baking pan. Pour the artichokes into the baking pan. Cover with the shredded provolone cheese, sprinkle with ground black paper and red paprika. Pour in the preheated oven and bake until the cheese

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melts.

To prepare the sauce:

Pour the butter into a deep saucepan and pour over medium low heat. Cook until melts. Remove from the heat and add the ricotta cheese, the heavy cream, the Parmesan cheese, the black pepper and the nutmeg. Return on the heat and cook some second whisking until become white and creamy.

Pour the artichokes into a serving dishes and serve with the white ricotta sauce and some fresh parsley.