



sunset of artichoke

NIBBLEDISH CONTRIBUTOR

Ingredients

4 portions

1. 4 Artichokes
2. 2 Onions
3. 1 Potatoes
4. 1 Carrot
5. 1 Orange
6. Bean Sprouts
7. 1 lt Water
8. 90 gr Virgin Olive Oil
9. 20 gr Granulated Sugar (1 tablespoon)
10. 5 gr Salt (1 teaspoon)
11. Dill

Instructions

1. take a wide stewpot
 2. put the artichokes face downwards
 3. dissolve the sugar in the water
 4. pour the water
 5. add the chopped onions,potatoes,carrots and bean sprouts
 6. pour olive oil
 7. pour a waterglass of fresh orange juice/half waterglass of fresh lemon juice
 8. add salt
 9. after it boils down fire
 10. leave at low heat for an hour
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11. serve cold

Afiyet olsun :)