



# Stuffed Artichokes

NIBBLEDISH CONTRIBUTOR

## Ingredients

- 5 Artichokes
- 3 cookwares of artichokes broth
- a spring of parsley
- 2 garlicks
- a dash of olive oil
- a dash of white wine (Sauvignon)
- 2 leafs of mint

for the stuffing

- 1 cookware of antichokes broth
  - 1 pinch of pepper
  - 1 tsp of oregano
  - 4 rusks
  - 2 tbsp of tomato sauce
  - 7 black olives
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- 1 garlic
  - a pinch of salt

## Instructions

Take a large bowl and put in it all the stuffing ingredients, mix until the dough is compact. If necessary add one more rusk.

Take 5 artichokes, previously cleaned.

Fill the artichokes in the middle and put it in a large pan, with 3 cookwares of artichokes broth, a spring of parsley, two leaves of mint, the sliced garlics, a pinch of salt, and let cook for 15' with lid at low heat.

Add the white wine and a dash of oil, cook until the wine is evaporated. Occasionally, using a table spoon, take the broth on the bottom of the pan and sprinkle it on the top of the artichokes.

Serve with a pinch of fresh parsley and a drizzle of oil.