



Fried Artichoke Hearts with Lemon Aioli

Recipe By JOHN GIFALDI

SERVES: 6-8

INGREDIENTS:

- ☐ 2 (15 oz.) cans artichoke hearts
- ☐ 2 cups vegetable oil
- ☐ 1 large lemon, cut into wedges
- ☐ 1 cup flour, for dredging
- ☐ 1 tsp. kosher salt
- ☐ ½ tsp. black pepper
- ☐ ½ tsp. garlic powder
- ☐ 2 large eggs beaten
- ☐ 3 tbsp. Parmigiano Reggiano, grated
- ☐ 3 tbsp. Italian parsley, minced
- ☐ kosher salt, sprinkle after frying

FOR THE AIOLI:

- ☐ ½ cup mayonnaise
- ☐ 2 tbsp. fresh parsley
- ☐ 2 tbsp. stone ground dijon mustard
- ☐ 1 garlic clove
- ☐ ½ tsp. salt
- ☐ ½ tsp. black pepper
- ☐ 1 tbsp. lemon juice

DIRECTIONS:

- ☐ 1. Drain artichokes, cut in half, and gently flatten. Pat dry with paper towels.
- ☐ 2. Mix the aioli ingredients in a bowl, cover with plastic wrap, and refrigerate.
- ☐ 3. Heat oil (at least 1 inch high) in a cast iron or heavy pan to 360°-370°F.
- ☐ 4. Set up a dredging station - you'll need 2 bowls. In the first bowl, combine flour, salt, pepper, and garlic powder. In a second bowl, whisk eggs, cheese, and parsley.
- ☐ 5. Coat each artichoke heart in the flour mixture and shake off the excess. Then dip into the egg batter. Fry for about 3 minutes per side, or until golden brown on each side.
- ☐ 6. Place finished artichokes on a wire rack to drain; immediately sprinkle kosher salt and cheese. Work in batches and avoid overcrowding the pan.
- ☐ 7. Serve immediately or keep warm in a low temperature oven on the wire rack. Serve with lemon wedges and aioli.

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