

Artichokes with Lemon and Mint (“Fields of Greens” Annie Somerville)

These tasty marinated artichokes make a frequent appearance on our antipasto and Middle Eastern salad plates. Make them a day or two in advance-just be sure to adjust the seasoning before serving. The bright flavor of the lemon can't be missed, and the mint is added at the last minute to give the artichokes a fresh, zesty finish. You can also include fresh marjoram or oregano or omit the herbs altogether. The serving possibilities are endless-tossed in a salad of roasted potatoes, for instance, or elegantly served alongside savory filo turnovers, roasted peppers, and flavorful black olives.

3 cups water
½ cup fresh lemon juice
3 Tbsp Champagne vinegar
¼ cup light olive oil
1 tsp salt
1 bay leaf
½ tsp whole peppercorns or whole coriander seeds
4 medium-size artichokes
1 tsp chopped fresh mint

Combine everything but the artichokes and mint in a large stainless-steel saucepan. Trim off the artichoke tops and stem and peel away all of the outer leaves, down to the pale green inner leaves. Cut the artichokes into quarters and remove the choke, adding the artichoke pieces to the saucepan as you go.

Bring the liquid to a boil, then reduce the heat and simmer until artichokes are tender, about 7 to 8 minutes. The artichokes should be tender but not too soft; they'll continue to cook a little as they cool. (If they're slightly overcooked, spread them out on a baking sheet to cool in the refrigerator.)

Pour the artichokes and their cooking liquid into a strainer (the marinade can be used again and will keep for up to 1 week in the refrigerator). Allow them to cool and toss with the mint just before serving.