



Artichokes French

Savannah · 28/09/2024



Prep Time

25 mins

Difficult

Medium

Servings

4

Description

Regional favorite from greater Rochester NY area Great appetizer or as a main dish served over pasta

Ingredients

- - ½ cup all-purpose flour - 1 egg - 1 (14 ounce) can artichoke hearts
- drained and halved - ¼ cup vegetable oil - ¼ cup butter - 1 lemon
- juiced - 3 tablespoons Parmesan cheese - ¼ cup dry sherry - salt and ground black pepper to taste - 1 tablespoon chopped fresh parsley
- or to taste

Instructions

1. Pour flour into a shallow bowl; beat egg in a separate bowl. Dredge artichoke hearts in flour and then coat with egg. Heat vegetable oil in a skillet over medium heat; cook and stir artichoke hearts in the hot oil until browned
2. about 5 minutes. Transfer cooked artichoke hearts to a bowl. Pour oil out of skillet and wipe clean with a paper towel; return to stove top. Heat butter in the skillet over medium heat; pour in lemon juice. Return artichoke hearts to skillet and sprinkle with Parmesan cheese; pour in sherry. Season with salt and pepper; stir well. Remove artichoke hearts from skillet using a slotted spoon and transfer to a serving dish. Boil sauce until reduced
3. 2 to 3 minutes. Pour over artichoke hearts; garnish with parsley. Editor's Note: The nutrition data for this recipe includes the full amount of the breading ingredients. The actual amount of the breading consumed will vary.