



Artichoke dip with Pita Crisps

What to collect

Ingredients	Equipment
2 lemons, halved	baking trays x 2
4 (about 1.3kg) globe artichoke	bowl
100g fresh ricotta	rolling pin
100g sour cream	knife
4 green shallots, finely chopped	large saucepan
1/3 cup parsley, chopped	food processor
2 garlic cloves, crushed	chopping board
1 tablespoon fresh lemon juice	scales
pinch of salt	metric measuring spoons/cups

What to do

1. To make the artichoke dip, bring a large saucepan of water to the boil over high heat.
2. Add the lemon halves.
3. Cut 2cm from the tops of the artichoke leaves. Trim artichoke stems and peel away 2 layers of the outer leaves.
4. Cut each artichoke in half and remove the choke (furry part) near the base of the leaves.
5. Immediately place artichoke in the saucepan of boiling water (otherwise it will go brown)
6. Cook, uncovered for 15 minutes or until tender. Drain and discard lemon. Set aside for 20 minutes to cool.
7. Place artichokes, ricotta, sour cream, shallot, parsley, garlic and lemon juice into a bowl of a food processor and process until well combined and smooth.

- 8. Taste and season with salt.**
- 9. Serve dip with pita crisps.**