



Artichoke & Orange Compote

from Paula Wolfert

serves 4-6

- 2 thin-skinned oranges, peeled and sectioned
- 1/2 teaspoon freshly ground black pepper
- 1 teaspoon sea salt, or to taste
- 1/2 cup fresh orange juice
- 2 cloves garlic, peeled and sliced
- 2 tablespoons extra-virgin olive oil, plus more for drizzling
- 16 baby artichokes
- 1 1/2 lemons
- pinch ground coriander
- 1 tablespoon sugar
- 4 sprigs fresh mint

Place about 4 cups water and juice of 1/2 lemon in a bowl. Clean artichokes, and cut off ends of stems. Break off leaves as far as they will snap, leaving only white leaves. Using a knife and a vegetable peeler, trim rough parts that stick out after leaves have been broken off. Trim outer layers of stem with a vegetable peeler. Cut off thorny top about 3/4 of an inch down. Rub with lemon, and drop into lemon water.

Heat 2 tablespoons olive oil in a flameproof earthenware or shallow stainless steel saucepan. Add garlic, and sauté over low heat for 1 minute. Stir in 1/3 cup orange juice, juice of remaining lemon, salt and pepper. Cook, stirring with a wooden spoon, for an instant, then add drained artichokes and 1/4 cup water. Cover with crumpled wet parchment paper and a tight-fitting lid, and cook over lowest heat for 20 to 25 minutes (mine took longer and I added a bit more water during the cooking), or until tender, turning the artichokes once.

Meanwhile, combine orange sections, coriander, sugar and remaining orange juice in an 8-inch skillet. Cook, stirring, over medium-low heat until reduced and syrupy, 10 to 15 minutes. Taste, and add extra sugar if still bitter.

With a slotted spoon, transfer glazed orange sections to a serving dish. Add artichokes to syrupy juices in skillet, and cook until glazed. Transfer artichokes to serving dish.

Add artichoke cooking juices to skillet. Raise heat to medium-high, and reduce quickly to 1/3 cup. Correct seasoning with salt, pepper and a dash of fresh olive oil, and pour over artichokes and oranges. Just before serving, scatter mint sprigs on top. Serve cool.