

## JOHN PLESSETTE'S MEAL OF THE WEEK

### FRIED BABY ARTICHOKES RADICCHIO AND RED PEPPERS

FOR THE ARTICHOKES:

20 BABY ARTICHOKES  
BUTTERMILK  
PEANUT OR GRAPE SEED OIL  
ALL-PURPOSE FLOUR  
TWO LEMONS

FILL A LARGE BOWL WITH WATER AND SQUEEZE IN THE JUICE OF ONE LEMON.

PRE-HEAT THE OVEN TO LOWEST POSSIBLE SETTING. LINE A LARGE COOKIE SHEET WITH EITHER A BROWN PAPER BAG OR TWO LAYERS OF PAPER TOWELS.

TRIM THE ARTICHOKE STEMS. PULL OFF OUTER LEAVES TILL YOU REACH THE TENDER PALE GREEN LEAVES. TRIM 1/2 INCH OFF THE TOPS AND SLICE LENGTHWISE IN HALF. PUT IN THE BOWL WITH THE WATER AND LEMON JUICE.

HEAT 2 INCHES OF OIL IN A CAST IRON SKILLET TO 375°.

PUT ABOUT 1 CUP OF FLOUR IN A PAPER BAG AND ADD 2 TBSPS OF SALT AND A GENEROUS GRINDING OF PEPPER.

LAY OUT A KITCHEN TOWEL. POUR A CUP OR SO OF BUTTERMILK IN A MEDIUM BOWL.

SCOOP ABOUT 6 ARTICHOKE HALVES FROM THE BOWL AND DRAIN BRIEFLY ON THE KITCHEN TOWEL. DUNK EACH IN BUTTERMILK, THEN SHAKE IN THE BAG OF SEASONED FLOUR.

SHAKE OFF EXCESS FLOUR AND ADD TO THE HOT OIL. FRY A MINUTE OR SO ON EACH SIDE TILL LIGHTLY BROWNED. REMOVE WITH TONGS OR A SLOTTED SPOON AND DRAIN ON PAPER IN THE OVEN.

SERVE WITH LEMON WEDGES AND SOME CHOPPED PARSLEY.

MAKES 4 SERVINGS OF 5 EACH