



ARTICHOKES CONSTANTINOPLI STYLE

(Anginares a la Polita)

Another springtime classic on the Greek table, and one of the very special dishes.

- 1 cup Krinos Extra Virgin Olive Oil
- 1 large yellow onion, peeled, halved and sliced
- 10 scallions, including greens, thinly sliced
- 3 carrots, peeled and cut into 1/4-inch rings
- 10 small new potatoes, peeled
- 3 cups water
- 1/2 cup lemon juice
- 2 tablespoons flour
- 1 pound artichoke hearts, rinsed thoroughly and drained
- 1 cup chopped fresh parsley
- 1 cup chopped fresh dill
- Salt, pepper, to taste

Heat the oil in a large pot and sauté onions and scallions until wilted, about 7 minutes. Add carrots and potatoes and toss to coat. Cover pot and cook over low heat for 10 minutes.

Add 3 cups of water to the pot. Raise heat and bring to a simmer. Mix lemon juice with 2 tablespoons flour and add to the pot. Add the artichokes and cook for about 25 minutes, until tender. Five minutes before removing from heat mix in the herbs and season with salt and pepper.

Yield: 6 servings