

## IN SEASON

**Amanda Daniel brings us her food must-dos for the month**



Adelaide's Mediterranean climate ensures spring artichokes aplenty. And the good news is this rich creamy astringent flower is packed full of goodies and is said to be great for your liver. Best of all, it is far easier to prepare than it looks. Artichokes can be baked, roasted, braised, steamed, blanched or pickled. They are fantastic as a stand-alone vego amuse or entrée; are sublime with chicken, veal, lamb and charcuterie; and are earth shattering with seared oysters. Impressive simple meals can be literally tossed together by teaming artichokes with handmade pasta, good quality arborio (risotto) rice, shaved Parmesan and more burnt butter with a hint of bruised hardy herb.

**To buy:** Pick tight green larger flowers. Avoid those that are open and purple, they will have no heart.

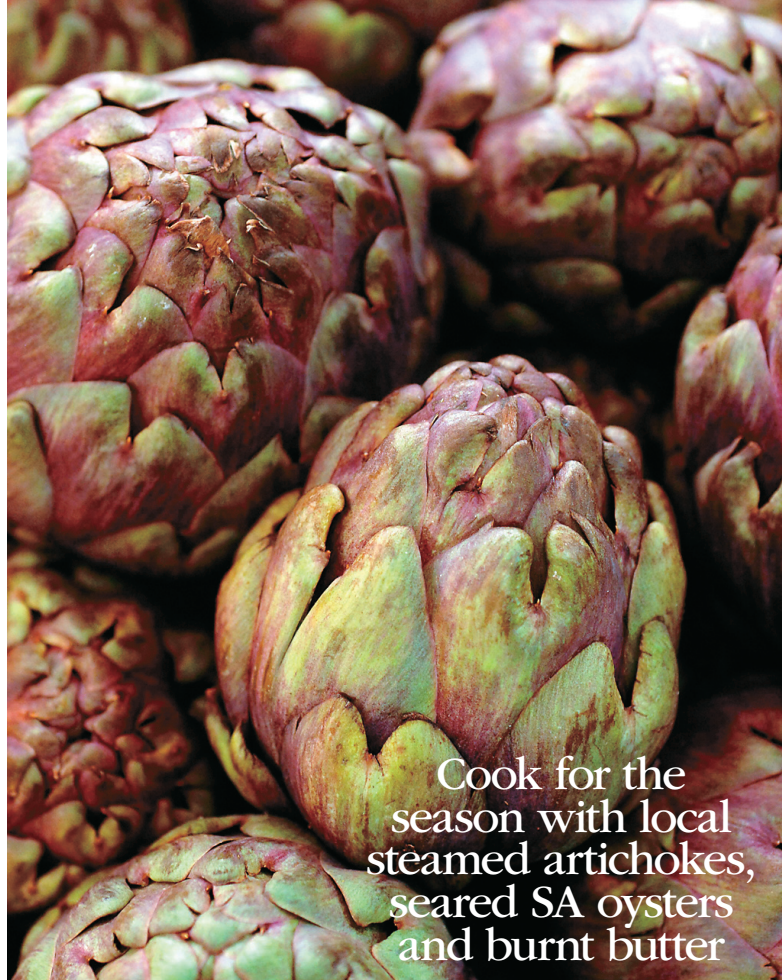
**Tip:** Gloves are a must if you have sensitive skin.

**To prepare:** Wash well, then chop the spiky end of the flower off. Remove the tough outer petals. Squeeze lemon juice over cut surfaces to prevent browning. Take a paring knife and peel the outer layer of skin away all the way along the 5cm stem. Cut in half.

Scrape out the centre cone (stamen) of the flower. Immediately cook or drop in acidulated water.

**Steamed artichokes with seared SA oysters and burnt butter**

Makes the perfect entrée. Place cleaned artichoke halves in a steaming basket, squeeze on lemon, sprinkle with sea salt and a grind of white pepper. Drizzle a little olive oil. Steam till tender. Place on a handful of parsley leaves and pour on a handful of oysters you have just tossed in a pan with hot butter. Finish with a butter sauce (cook butter till it turns brown) and a splash of lemon juice.



Cook for the season with local steamed artichokes, seared SA oysters and burnt butter