

FOOD & DINING

Satisfy your hunger for Spanish cuisine

When traveling, one of the more popular goals people have is to experience the cuisine of wherever it is their travels have taken them. Whether traveling domestically or internationally, travelers often want to experience those foods cherished by other cultures or communities. But fans of a good meal need not book an airline ticket to enjoy the foods of other cultures. All men and women with a culinary sense of curiosity need is a little time and a good recipe to bring the foods of another region or country into their own kitchens. For those who want to experience a taste of Spain without packing their bags and heading for Europe, the following recipe for “Grilled Artichokes With Goat Cheese, Orange and Mint” from James Campbell Caruso’s “Espana: Exploring the Flavors of Spain” is sure to satisfy their hunger for Spanish cuisine.

Grilled Artichokes With Goat Cheese, Orange and Mint

Serves 6
 6 medium-size artichokes
 6 cloves garlic, slivered
 1/2 cup lemon juice

For the marinade:

1 cup extra virgin olive oil
 6 cloves garlic, minced

1 teaspoon salt
 1 teaspoon black pepper
 2 tablespoons lemon juice

For the plate:

6 ounces fresh goat cheese
 1/4 cup extra virgin olive oil
 Chopped mint for garnish
 Zest of 2 oranges

Snip the points from the leaves of the artichokes and remove outer layer of leaves. Peel the stem and leave it attached (the stem has a lot of flavor but is often snipped off and thrown away). Cut the artichokes in half and boil them in water to cover, along with garlic and lemon juice, for about 20 minutes. Remove from the water and transfer to a bowl.

Mix the marinade ingredients and pour over warm artichokes. Allow to marinate at room temperature for 4 hours.

Heat a grill to medium-high heat. Grill the artichokes for about 3 minutes per side. Arrange 6 small plates with 2 grilled artichokes on each plate,



along with a 1-ounce ball (about 2 tablespoons) of goat cheese. Sprinkle each plate with chopped mint, orange zest and olive oil.

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