

Baharatlı Limon Yağı ile Kavurulmuş Enginar

Traditional Turkish roasted artichokes with spiced lemon oil. A healthy Mediterranean meze dish perfect for vegetarian dining. Ready in 60 minutes.

30	30	60	4	Medium
HAZIRLIK DK	PİRME DK	TOPLAM DK	PORSİYON	ZORLUK

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Malzemeler

- 8 artichoke
- 2 lemon
- 0.25 cup basil
- 0.25 cup parsley
- 3 sprig fresh oregano
- 1 tsp salt
- 2 tbsp olive oil

Yapılışı

- Prepare the oven and workspace**

Preheat oven to 425°F (220°C). Fill a large bowl with cold water and add the juice of 1 lemon to prevent artichokes from browning.
- Clean and trim artichokes**

Remove tough outer leaves from 8 artichokes by pulling them downward until they snap off. Cut off the top 1 inch of each artichoke with a sharp knife. Trim the pointed tips of remaining leaves with kitchen shears. Cut each artichoke in half lengthwise and scrape out the fuzzy choke from the center with a spoon.
- Immediately place trimmed artichoke halves in the lemon water to prevent browning. Let them soak while you prepare the spiced oil.**
- Make spiced lemon oil**

In a large mixing bowl, whisk together 1/4 cup olive oil, 1/4 cup fresh lemon juice, 1 teaspoon baharat spice blend, and 1/2 teaspoon salt until well combined.
- Season the artichokes**

Drain artichokes and pat completely dry with paper towels. Add artichokes to the spiced oil mixture and toss thoroughly to coat all surfaces. Let marinate for 5 minutes.
- Arrange for roasting**

Arrange artichokes cut-side down on a large baking sheet. Pour any remaining spiced oil over the artichokes. Scatter 3 fresh thyme sprigs around the pan.
- Initial roasting**

Cover tightly with aluminum foil and roast for 15 minutes until artichokes begin to soften.

8 Finish roasting uncovered

Remove foil and reduce oven temperature to 400°F (200°C). Continue roasting uncovered for 15-20 minutes until artichokes are tender when pierced with a knife and edges are golden brown.

9 Finish and serve

Drizzle with 2 tablespoons fresh lemon juice and sprinkle with additional salt to taste. Serve immediately while warm.

?puçlar?

Always work with one artichoke at a time and immediately place trimmed pieces in the lemon oil mixture to prevent browning and maintain their vibrant color.

Use a sharp serrated knife when cutting through the tough artichoke stems and leaves – it makes the job much easier and safer.

Don't skip covering the pan with foil during the first part of roasting; this steams the artichokes and ensures they cook evenly throughout.

Save the tender inner leaves that you remove during prep – they can be boiled and the meat scraped off for added flavor in the dish.

Room temperature serving brings out the best flavors in this dish, so remove from refrigerator 30 minutes before serving if made ahead.

If your artichokes are very large, increase cooking time by 5-10 minutes and check for doneness with a fork before serving.

Fresh herbs make a significant difference – avoid dried herbs in the spiced oil for the best flavor impact.