

Enginar (Turkish Artichoke Dish) by Zehra Armagan (Teresa Armagan's mother-in-law)

Ingredients:

6 to 8 artichokes (or frozen hearts)  
(3 tablespoons flour)  
(3 or 4 cups of cold water)  
(juice of ½ fresh lemon)  
½ to 1 cup extra virgin olive oil  
1 or 2 onions chopped medium or small  
2 cloves of garlic (crushed)  
2 or 3 carrots chopped small  
3 medium-sized potatoes cut small (¼ inch-sized pieces)  
1 cup or more of frozen peas  
1 to 2 teaspoons salt  
Juice of 1 fresh lemon  
½ to 1 cup water  
Fresh dill (to taste – I like a lot)

Directions:

1) Prepare artichokes (You can skip this step if you are using frozen artichoke hearts.)

In a medium-sized bowl place 3 tablespoons flour, about 3 cups of cold water, and the juice of ½ of a lemon. You'll need enough water to cover all of the hearts when you are done.

Work with one artichoke at a time. Strip off the outer leaves until the only leaves left would be soft around the heart area. Cut off the top of whatever leaves are left, leaving only enough of the leaves to preserve the heart area. Clean out the prickly things and "fuzz" which cover the heart. You will know that you are done when you stop seeing gray "dots" in the core area. Immediately rinse the heart and plunge into your flour-water mix. Leave them there until step 3.

2) Sauté your other ingredients

In a large, deep pan, sauté your onions, garlic, and carrots in plenty of olive oil. Fry a few minutes. Add your potatoes, and fry a few more minutes. Add your peas, and fry a few more minutes. Add your salt at the very end.

3) Putting it all together

Move your sautéed ingredients around so that you can place your artichoke hearts on the bottom of the pan. The hearts should not be stacked; they should be placed as if they were cups filled with the sautéed vegetables. If all goes well, you won't even see the artichokes because they will be covered with vegetables. Add the juice of one lemon and enough water to make sure the dish won't burn or run out of water. Put fresh dill over the top. Simmer on low heat for about 45 minutes or until the artichokes are soft.



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**Nutritionist Notes:**

- High in Vitamin A
- High in Vitamin C

**To decrease calories from fat in recipe (currently at about 46%):**

- May want to decrease olive oil to ¼ cup

**To decrease sodium:**

- May want to limit salt to ½ tsp
- May want to use fresh peas vs. frozen peas