

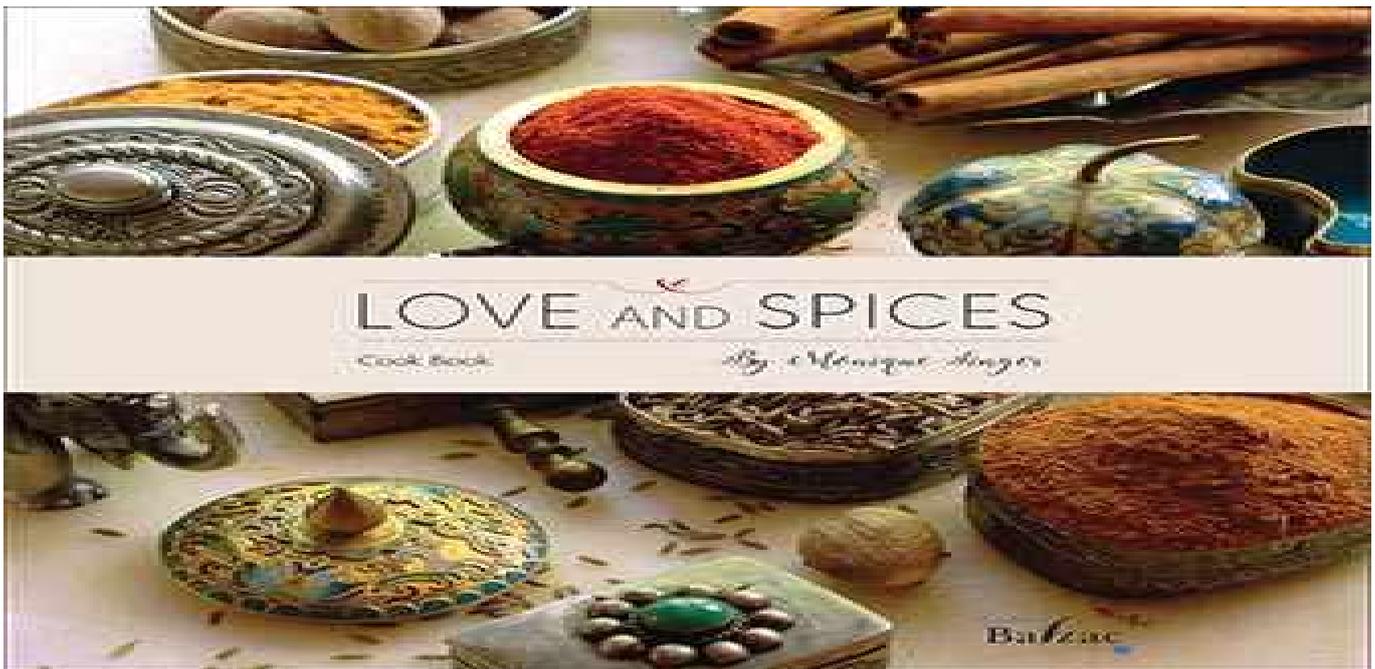


Love and Spices: Grilled artichoke with saffron and lavender

Description

Quick and easy to make and the perfect appetizer

Recipe by **Monique Singer**



Westmount Magazine is proud to offer its readers sample recipes from [Love and Spices](#), a beautifully illustrated cookbook by **Monique Singer**. With this new series, you will discover some unique recipes dedicated to cooking with spices, from hors d'œuvres to desserts.

Monique Singer knows how to make people talk, sing and dance spices! From her earliest childhood, alongside her grandmother and sisters, she learned how to create a delicious and original cuisine with her senses, her hands and all her love.



From her family's table to the jet-set parties she has catered in New York, Los Angeles, Venezuela, Spain, Haiti, and Asia, regardless of the set-up, function, atmosphere or style, Monique's food has left its imprint on people's taste buds. Enjoy!

Grilled artichoke with saffron and lavender

Have you ever tried grilling artichokes?

They are quick and easy to make and the perfect appetizer, as well as an instant comfort.

Recipe can be made vegan by replacing mayonnaise with veganaise.

Preparation time: 40 min | Cooking time: 30 min | Yields: 8 to 12 servings

- 6 artichokes
- 2 cup / 500ml water
- 2 lemons, juiced
- 3 tbsp avocado oil
- 1 tbsp sea salt
- Freshly ground pepper to taste

ARTICHOKES

Cut the stem of each artichoke, leaving just 1 inch.

Snap off the outer row of leaves.

Using a sharp knife, cut the artichoke in half, lengthwise.

Then using a small knife, cut out choke and small prickly leaves.

In a large bowl, with 2 cups/500 ml water, squeeze in lemon juice.

Place the artichoke halves in the prepared lemon water. Set aside.

In a large pot, bring 4 cups /1 L water to a boil.

Pour in the lemon water and lemon halves, with the artichokes.

Boil until tender, about 20 minutes.

Drain in a colander and let the artichokes cool.

Heat a large char grill pan on high.

Spread 1 tablespoon oil.

Brush artichokes with 2 tablespoon avocado oil.

Season with sea salt and pepper to taste.

Cook on char grill for about 10 minutes.

Char, turning occasionally, transfer to a serving plate.

SAFFRON LAVENDER DRESSING

- 1/4 tsp saffron threads
- 1 drop organic lavender essential oil, optional
- 3 tbsp lemon juice
- 2 tbsp olive oil
- 1/4 cup good mayonnaise or veganaise

In a small saucepan, heat 1tbsp olive oil.

Transfer to a small mixing bowl.

Crumble in the saffron, let infuse for 10 minutes.

Set aside.

In a separate mixing bowl whisk all ingredients.



Lemon juice, 1 tablespoon olive oil, lavender oil, vegannaise.
Pour in the infused saffron oil and combine.
Serve with grilled artichokes.
Garnish with dried rose petals and dried lavender.

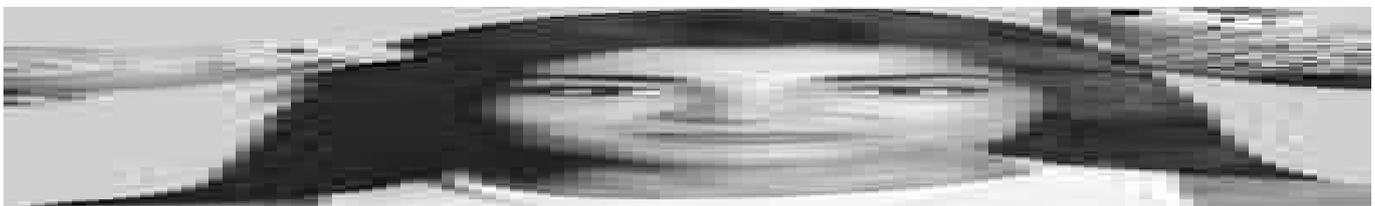
Can be broiled in oven on bottom rack 5 minutes cut side up.

Images: Anne Fillion

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Monique Singer is a cultural creator now based in Montreal, usually found travelling the world, experiencing other cultures and sharing what she finds most interesting. At the top of her food passion is her attraction for spices, their benefits and the distinctive flavour they bring to all dishes. [LinkedIn](#)



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