

Recipe: Artichoke salad

A delicious artichoke salad is so easy to make and sure to impress your family and friends. It's a light and tasty hors d'oeuvre and it will look beautiful on your table.

It is a very popular vegetable in France and is served in most restaurants. Many people are a little unsure about this beautiful vegetable and don't know how to use them.

Include it as part of your starter or hors d'oeuvres for special occasions or give your family a treat as you include it with some more delicious fresh French salad recipes. They are all delicious and so good for you.

This is definitely a great appetiser and sure to be a winner every time.

Ingredients

- 4 globe artichokes
- 3 pints of cold water
- 2 teaspoons white wine vinegar

Method

1. Prepare the artichokes by trimming off any sharp points at the ends of the leaves.
2. Place them in a pan with the white wine vinegar and the water.
3. Bring to the boil, then simmer for about half an hour.
4. Once cooked the bottom leaf should remove easily.
5. Drain and serve with a vinaigrette dressing.