

Baby Artichoke and Mushroom on Kaniwa

- 9 [baby artichokes](#)
- 1/2 lemon, cut into wedges
- 2 T olive oil
- 1/2 c dry white wine
- 1 c water
- 4 oz [chantrelle mushrooms](#), stems discarded and caps roughly chopped
- 8 oz [crimini](#) mushrooms, sliced
- 2 dry shallots, minced
- 2 garlic cloves, minced
- sea salt and freshly ground black pepper
- 1/4 c parsley, finely chopped as garnish
- 1 c [Kaniwa](#), cooked according to directions

Work with 1 artichoke at a time. Remove the outer leaves, tearing them off until you are left with the more tender, half-pale green leaves. Cut off the top 3/4 inch tip, and peel and trim the stem. Quarter the artichoke, and scrape out the teeny-tiny choke. Rub the exposed parts with the cut lemon, then place the artichokes in a bowl full of water, made acidic with the lemon, to keep their bright green colour.

Using a large frying pan, heat a tablespoon of oil. Add the drained, dried artichokes to the pan and cook over medium heat for about 3 minutes, stirring until slightly brown. Add the wine and bring to a boil. Add the water, cover and cook over moderate heat, stirring occasionally, until the artichokes are just tender, 12 minutes.

Strain the artichokes and reserve the liquid to use along with water to cook the Kaniwa. One cup of Kaniwa cooks in 2 cups of liquid.

In another large frying pan, heat a tablespoon of oil. Add the garlic and shallot. Cook over moderate heat, stirring occasionally, until tender, about 3 minutes. Add the mushrooms and cook until browned, about 4 minutes. Season with salt and pepper.

On a serving platter, lay the artichokes around the edge, place the Kaniwa in the center and top with the mushrooms. Garnish with parsley. Serves 6.

Watch this [video on how to prepare baby artichokes.](#)