ITALIAN · SIDE

Carciofi alla Romana (Roman Braised Artichokes with Mint)

Carciofi alla romana

60 min · Serves 4 · 205 kcal a serve · Video 7:05 in Italian · Cucina Geek

Vegan · Paleo · Gluten-free ingredients · No nuts listed

About 5 g net carbs and 4.5 g fibre a serve: whole artichokes braised in olive oil with garlic and wild mint, with no flour, cheese or sugar.

Diet notes: Keto (5.2 g net carbs a serve).

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Ingredients 7 · SERVES 4

- [ ] 6 **artichokes** (about 1¼ lb; Roman mammole if you can find them), trimmed to the tender heart and stem
- [ ] ⅓ cup **olive oil**
- [ ] 1 **garlic** clove, germ removed
- [ ] a small bunch of mentuccia (Roman wild mint) or garden mint
- [ ] 1 **lemon** (for the soaking water and rubbing the artichokes)
- [ ] **salt**
- [ ] **black pepper**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Fill a bowl with cold water and add the juice of half a lemon plus the squeezed half. 0:10
2. Snap off all the tough outer leaves, peel the stem and leave 1¼–1½ inches attached (keep the rest of the stems), cut off the spiky tips and rub the cut parts with lemon so they don't darken. 0:15
3. Open the centre and scrape out any choke, then drop the artichokes into the lemon water and cover them with a cloth to keep them under. 1:15
4. Finely chop the garlic and chop the mint, not too finely, then mix the two together. 1:55
5. Drain the artichokes and squeeze them well. Pour the oil into a tall, narrow pot and cut the stems you kept aside into short pieces. 2:50
6. Season the inside of each artichoke with salt and pepper, fill with the mint and garlic, and stand them upside down, packed tightly in the pot with the stem pieces so they can't move. Sprinkle with salt. 3:25
7. Let them sizzle in the oil for a few minutes, then add hot water up to the top of the leaves, leaving the stems out. Cover, lower the heat and cook about 30 minutes, until a toothpick slides in easily. 4:45
8. Serve warm or at room temperature with their cooking juices. 5:35

> **Tip** The video has no speech; the steps follow its on-screen captions. Save the trimmed leaves and stems for a vegetable broth. Keeps 2 days in the fridge; it tastes even better at room temperature.

The method is a summary in our words, in English — the video (in Italian) shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
205 kcal	2.3 g	9.7 g	4.5 g	19 g	430 mg
860 kJ	5% of a day	5.2 g net · 0.8 g sugars	16% of a day	2.6 g saturated	19% of a day
		4% of a day		24% of a day	

Energy from net carbs 10% · protein 5% · fat 85% — fits keto: 5.2 g net carbs, 85% of the energy from fat

Source of (10–19%) Vitamin K 19% · Vitamin E 18% · Folate 17% · Omega-3 10%

Recipe and video: Cucina Geek (@CucinaGeek) on YouTube — youtube.com/watch?v=ZTCOZcPZ63s, published 2 January 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/carciofi-alla-romana