

# Fresh Artichokes with Horseradish Dip

Frankie Terry

St Timothy's - Hale Schools - Raleigh, NC - 1976

## Servings: 4

*4 fresh artichokes*  
*4 cloves garlic*  
*4 tablespoons salad oil*  
*4 slices lemon*  
*1 cup mayonnaise*  
*1/2 cup rich milk*  
*1 tablespoon lemon juice*  
*1/4 cup horseradish*  
*1/4 teaspoon fresh ground pepper*

Wash the artichokes thoroughly. Trim about one-half inch off the top, using a very sharp knife. Cut off the stem end about one inch from the base, leaving a stub. Pull off any loose leaves around the bottom. Cut off the tip of each leaf with scissors.

Drop the artichokes into boiling water to cover (salted). Add the garlic and salted salad oil and lemon slices. Cover tightly and boil until a leaf can be pulled easily from the stalk or the stem can be easily pierced with a fork (20 to 45 minutes).

Remove carefully from the water, drain and cut off the stub.

Make the dip: In a bowl, combine the mayonnaise, milk, lemon juice, horseradish and black pepper. Mix well.

Serve the artichokes hot or chilled with the horseradish sauce.

Serve with hot or chilled artichokes.

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Per Serving (excluding unknown items): 539 Calories; 61g Fat (92.5% calories from fat); 2g Protein; 9g Carbohydrate; 1g Dietary Fiber; 19mg Cholesterol; 332mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1/2 Fruit; 6 1/2 Fat; 0 Other Carbohydrates.