

G R E A T C H E F S O F B O S T O N

Stella's Crispy Fried Artichoke Hearts

by **Clint Hamblin**

Stella's Restaurant and Bar is located at 1525 Washington Street in the heart of the South End. Don't let the reasonably priced menu fool you. The food is robust, beautiful to look at and so good to eat. Executive Chef Robin King manages a fast moving team of chefs producing delightfully flavorsome dishes with their own unique tastes.

Whether you eat in the restaurant or outside in Stella's seasonal "terrazzino," the South End's largest outdoor seating area, you can't go wrong choosing anything on this great menu.

King's Marinated Beets with Goat Cheese, Crostini and Champagne Vinaigrette gets the palate going with yellow and red beets in a delicious salad mixture. If steak tartare is your thing, The Bistecca Tartare with a Fried Egg, Cornichon and Grilled Focaccia will put you right over the edge. You'll find the fresh red meat combined with the soft yolk of the egg a luxurious and sumptuous appetizer.

A nearby dinner guest was raving about the Honey Glazed Salmon served with Spaghetti Squash and a Cherry Tomato Salad with a Citrus Vinaigrette.

The salmon breaks apart with a fork and practically melts in your mouth.

King's Homemade Gnocchi served with Tomato, Basil Sauce with Reggiano is truly like eating tiny clouds wrapped in a robust tomato sauce.

One of the most popular appetizer dishes at this restaurant is Crispy Fried Artichoke Hearts served with Country Mustard Remoulade. The crunchy outside is reminiscent of tempura and breaks away to reveal a soft and tender artichoke heart inside. The remoulade sauce creates a perfect partnership for the artichoke. An entire bowl could be eaten as a snack or as a main course. It's no surprise that this easy and quick to make recipe is a signature dish of this restaurant.

Crispy Fried Artichoke Hearts With Country Mustard Remoulade (Serves 2 to 3)

Ingredients

- 6 artichoke hearts (fresh or canned)
- 1 1/2 cup cornstarch
- 1/2 cup all purpose flour
- 1 teaspoon cayenne pepper
- 3/4 cup soda water



Executive Chef Robin King

- 3 cups corn oil
- Salt and pepper to taste

Country Mustard Remoulade

- 1 1/2 cup mayonnaise
- 1/4 cup lemon juice
- 1 tablespoon Dijon mustard
- 1 tablespoon stoneground mustard
- 8 teaspoons lemon zest
- 1 tablespoon finely diced capers
- 1 tablespoon finely diced shallots
- 1 tablespoon chopped fresh parsley, chives and oregano
- 1 teaspoon paprika
- 1 teaspoon cayenne pepper

Preparation

Making the Artichokes

Mix the cornstarch, flour, cayenne pepper, salt and pepper together. Separate the mixture in half. Keep half of the mixture dry and add soda water to the other half. Mix until you have the con-



Crispy Fried Artichoke Hearts

sistency of oatmeal.

Drop the artichokes individually through the dry mixture, then through the wet mixture, and fry in the corn oil at 350 degrees. The artichokes will float to the top when they reach a light golden brown. Take them out of the oil and drain. Season the finished artichokes with salt and pepper.

Country Mustard Remoulade

In a large bowl combine all remoulade sauce ingredients. Be sure that the shallots and capers are finely diced.

Spread the remoulade sauce on a dish. Carefully place the artichokes on top of the sauce and serve.

Wine Pairing

2004 Castelluccio Lunaria Sauvignon Blanc

Signature Cocktail

The Grey Goose Pear Martini is subtle, sweet and captures the light taste of pear in a clear cocktail that will make your guests purr with delight.

Grey Goose Pear Martini

- 2 1/2 ounces of pear
- Grey Goose vodka
- 1 splash fresh lemon juice
- 2 splashes or 1/2 ounce ginger simple syrup

Shake and strain and garnish with red Bartlett pear slice

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