

FRIED ARTICHOKE AND FENNEL WITH ROMESCO

Yield: 6 portions as a first course

Ingredient	Amount
Canola oil	½ gal.
Instant flour (Wondra™)	4 cups
Salt	1 tsp.
Ground black pepper	¼ tsp.
Artichoke hearts, thinly sliced	6
Fennel bulb, cored, thinly sliced	2
Buttermilk	1 qt.
Romesco (recipe follows)	

Method

1. In a saucepan or deep fryer, heat canola oil to 350°F.
2. Combine the instant flour (Wondra™) with salt and pepper. Place in a bowl.
3. Soak artichoke and fennel in buttermilk. Shake off the buttermilk and toss in seasoned flour.
4. Shake off excess flour and fry the artichokes and fennel in batches for 2 to 3 minutes, until crispy. Remove and drain on paper towels. Sprinkle with salt and pepper. Serve with romesco sauce.