

***Aginara Salata***  
(Fresh raw Artichoke Salad)

**Ingredients:**

5 fresh Artichokes  
5 Lemons  
Juice of 5 Lemons  
2½ tsp Sea salt  
5 Roma Tomatoes, cut in chunks  
2 small Cucumbers, peeled and sliced  
10 leaves of Romaine lettuce, washed, dried and shredded  
3 large spring onions, trimmed, washed and sliced  
Extra virgin olive oil  
Green Greek olives

**Method:**

Trim off all but 1" of the artichoke stem.  
Pull off the outer green leaves, leaving internal yellow leaves.  
Trim off top ½ to 1" of the leaves with needles.

Cut the artichokes in half vertically, to reveal the choke. Cut in half again.  
Rub each piece with lemon.

With a sharp knife, cut out the choke and discard.  
Cut the artichoke into long very thin slices.  
Place in a bowl, sprinkle with lemon juice and toss to coat well.

Sprinkle the tomato and cucumber with salt and place in a large salad bowl.  
Add lettuce, spring onions, and artichoke slices, along with a little lemon juice from the bowl.

Add 1 tbsp olive oil, toss and taste.  
If the taste is too lemony, add a little more oil.  
Toss in a handful of green Greek olives, and serve.

(Serves 10)