

# مدیاس شوکی *Medias Shawki*

## ARTICHOKE HALVES STUFFED WITH GROUND MEAT AND RICE

*Medias* appeared in Aleppo courtesy of Spanish Jews who arrived in the Ottoman lands after Ferdinand and Isabella's Edict of Expulsion (see page 3). The word *media* is Spanish for "half." The artichokes in this recipe are split in half lengthwise, filled with meat, and then cooked.

6 artichokes

### Filling:

1 pound ground beef  
2 eggs  
1 teaspoon ground allspice  
1 teaspoon kosher salt  
1 cup *matzah* meal  
1 cup vegetable oil

### Sauce:

Two 8-ounce cans tomato sauce  
Juice of 2 lemons (about 6 tablespoons)  
1 teaspoon sugar  
1 teaspoon kosher salt  
2 tablespoons extra-virgin olive oil

1. Cut the artichokes in half lengthwise, remove the hairy choke, and trim 1 inch of bracts (leaves) from the top.
2. To make the filling, combine the beef, 1 egg, allspice, and salt in a medium mixing bowl and mix well. Fill the cavity of each artichoke with the filling.
3. Put the remaining egg in a shallow dish and beat it; put the *matzah* meal in another. Dip each artichoke in egg and then dredge in the *matzah* meal.
4. Heat the vegetable oil in a medium skillet over medium heat. Fry the artichokes, filling-side down, for 2 minutes, or until the breading is golden brown. Place the artichokes in a large skillet in a single layer. Do not stack.
5. To make the sauce, combine the tomato sauce, lemon juice, sugar, salt, and 1 cup water. Mix well.
6. Drizzle the olive oil into a medium ovenproof saucepan. Place the fried artichokes in the saucepan, filling-side up. Sprinkle the artichokes with salt. Cook over medium heat for 3 minutes, or until the artichokes begin to sweat. Pour the sauce over the artichokes. Bring to a boil over high heat, then reduce the heat to low, cover, and simmer for 30 minutes, or until the artichoke hearts are fork-tender.

***Yield: 8 to 10 servings***