

Artichoke, Parsley & Parmesan Bread Swirls

R & J Mazza
GLOBE ARTICHOKES



Dough

1.5 cups plain flour,
1 teaspoon dried yeast,
½ teaspoon salt,
½ teaspoon sugar,
¾ cups lukewarm water,
2 tablespoons oil,

Filling Ingredients

2 tablespoons olive oil
1 brown onion, chopped
2 cloves garlic, chopped
250g artichoke hearts, sliced
½ cup fresh Italian parsley, chopped
½ cup parmesan cheese, shredded or grated
Salt & cracked pepper to taste
¼ cup milk
Sesame seeds



How to Prepare

1. Place flour, dried yeast, salt and sugar in bowl and mix. Make a well in the centre of flour mixture. Add water and oil, mix well and place dough on floured board. Knead until dough is smooth and elastic. Cover with a towel and place in a warm place for 1 hour or until dough doubles in size.
2. Preheat oven to 200°C.
3. Heat oil in frypan. Add onion & garlic and gently sauté until soft. Place in a large bowl and add artichokes, parmesan cheese, parsley and season with salt & pepper.
4. Roll pastry out to a rectangle approx. ½ cm thick. Spread the mixture over the dough, leaving 2cms at end. Brush this area with milk, then carefully roll the dough like a swiss roll. Brush the top with milk and sprinkle with sesame seeds.
5. Bake for approximately 25 minutes, or until golden.
6. Cool slightly on a wire rack. Cut the roll into slices and serve.

