

How to cook an artichoke



PREPARING:

- Wash to remove outer natural waxy coating (which can taste bitter)
- Trim 1/2" from base of stem, peel outer portion of the stem. Middle of stem is an extension of the edible "heart." Or just remove stem completely.
- Pull off small petals from stem plus small petals at the bottom of the Artichoke.

Optional: Snip the thorny tips of each petal with a scissors. Cut 1/2"-1" off the top of the Artichoke

Optional: Rub cut areas with lemon juice or dip in lemon water to prevent browning/oxidation

COOKING:

Artichokes are fully cooked when a knife slides easily into the bottom (like cooking a potato)

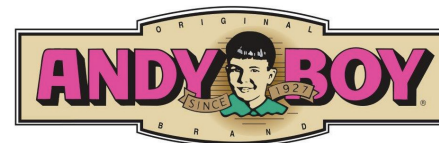
BOIL: 25-45 minutes in salted water, submerged, cover with lid

STEAM: 30-40 minutes, stem side up

BAKE: 55-75 minutes, double wrapped in foil, stem side down, minced garlic/olive oil/balsamic vinegar drizzled between petals

MICROWAVE: 15-20 minutes in 1/2" water in dish, dish covered with plastic wrap, garlic/olive oil/balsamic vinegar drizzled between petals. Or buy artichokes now in a "Microwave Ready" pack which will steam 2 cleaned and prepped artichokes in 6-7 minutes.

GRILL: use fully cooked Artichoke from one of the above methods, halve it, brush with oil, season with salt/pepper, grill 4-5 minutes per side



D'ARRIGO BROS. CO., OF CALIFORNIA

