

Artichoke

What is Artichoke

- Artichoke is the edible flower bud of the globe artichoke thistle.
- Leaves are removed one at a time and the fleshy “hearts” are eaten.
- Artichoke can be steamed, boiled, roasted, or grilled.
- Artichoke has a delicate flavor. Pair it with stronger flavors such as lemon or vinegar.
- Artichokes can be used in soups, salads, pizzas, dips, and can be stuffed with other ingredients.



How to Prepare Artichoke

- Start by peeling off any leaves at the bottom towards the stem, then cut the end of the stem off. Then, cut the top half-inch off, leaving the flat top with some leaves at the bottom. You can use a peeler to help trim away the bottom leaves.
- Next, follow your recipe’s specific instructions for preparation. Different recipes may call for using different parts of the artichoke.



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Mediterranean Roasted Artichokes

Ingredients:

- 3 artichokes
- 1/2 red onion, thinly slices
- 6 cloves of garlic, peeled
- 1/4c +3 tsp fresh lemon juice
- Olive oil
- Salt & pepper



1. Preheat oven to 400 degrees.
2. Prepare artichokes as listed above. Then, cut artichoke in half length-wise. Then, using a spoon, remove the fuzzy choke on the inside.
3. On a large baking sheet, place each artichoke half in a piece of lightly-oiled foil paper that is large enough to fold around.
4. Season artichokes with salt and pepper, and nestle 1 garlic clove in the center of each artichoke half. Drizzle generously with olive oil. Close the foil around artichokes.
5. Roast in a heated oven for 40 minutes. Carefully open the foil pouches using tongs. Remove the roasted garlic from the center of artichoke, and close the foils back until ready to serve. Let garlic cool.
6. Use a fork to mash the garlic. Add to a bowl with oil, lemon juice, salt, and pepper and stir until combined. Dress artichokes and serve.