



Steamed artichoke

RECIPE

INGREDIENTS

- 1 fat, globe artichoke per person
- Butter or olive oil
- Fresh squeezed lemon

INSTRUCTIONS

- Clean artichokes:
 - take off tough leaves and stem
 - cut off the tips of leaves with a clean slice of a sharp knife
 - lightly bang artichoke stem up to spread leaves
 - rinse with cold water
- Place in a large pan with lid, atop pan steamer if you have, in shallow water if you don't
- Steam approx. 1 hour or until outer leaves are soft and nearly fall off the artichoke
- Check occasionally to ensure enough water for steaming

SERVING

- Place in a soup bowl like plate and open like a flower
- Serve with melted butter on the side or drizzled with olive oil
NOTE: dipping the leaves in melted butter brings out best the delicate flavor of the meat
- Serve as an appetizer, or as a first course
- Have a bowl handy for the discarded leaves and barbs when accessing the heart
NOTE: sometimes the steaming will even soften the barbs, if not, it is recommended to remove them before eating the heart