

HOW TO COOK AND EAT AN ARTICHOKE

Preparation: **5** mins. | Cooking: **30** mins. | Servings: **1** per person

INGREDIENTS

1 or more large globe artichokes
1-2 garlic cloves, cut in half
1 bay leaf
1 slice lemon



INSTRUCTIONS

If the artichokes have little thorns at the ends of their leaves, take scissors and cut off the tips. Slice about 3/4 inch to an inch off the tip of the artichoke. A serrated bread knife works great for this. Pull off any smaller leaves toward the base and on the stem. Cut off excess stem, leaving up to an inch on the artichoke. Rinse the artichoke in cold, running water. While rinsing, open up the leaves a little so the water gets in more easily. Fill a large pot with a couple inches of water, the garlic, a slice of lemon, and a bay leaf. Insert a steaming basket. Place the artichoke in the basket. Cover the pot and bring to a boil. Reduce heat to simmer. Cook for 25 to 35 minutes or until outer leaves can be easily pulled off. Serve with melted butter or your favorite dip. Pull off the outer leaves, dip and scrape with teeth. When all the leaves are removed, take off the inner leaves that have purple tips. Scrape out the fuzzy part covering the artichoke heart. Cut the heart into pieces and enjoy!