

How-To Cook and Eat an Artichoke_UC_Pamela Stevens_Instructions

Steps:

- **Pick Your Artichoke – In the Garden or At the Grocery Store!**
 - (A) In the garden: If you want to grow artichokes yourself, allow enough space in your garden, because the plants grow big! Each plant can yield about a dozen artichokes. In San Diego's climate, artichokes are a late winter/early spring crop. We planted ours in December and harvested in April to early May.
 - (B) At the grocery store: The way most of us usually pick our artichokes! Look for well-shaped large globes, with fresh-looking leaves. Allow one artichoke per person.
- **Cook Your Artichoke!**
 - (A) Ingredients:
 - One artichoke per person
 - Olive oil – about 1 tablespoon
 - Lemon juice – about ½ tablespoon
 - Garlic Powder – a “heartly sprinkle,” about ½ teaspoon
 - Water for cooking
 - Mayonnaise and/or Melted Butter as a dipping sauce
 - (B) Materials:
 - Cutting Board
 - Sharp Knife
 - Kitchen Shears
 - Large Pan with Lid
 - Measuring Spoons
 - Small Plate to hold and a Spoon to stir the seasoning mix for cooking
 - Tongs and a Large Kitchen Spoon for lowering artichokes into and taking them out of water
 - Potholders or Kitchen Mitts as needed
 - 2 bowls/person, one for the artichoke(s) and one for discarded leaves
 - Plates or Bowls for the dipping sauce of your choice, mayonnaise or melted butter
 - (C) Cooking Technique:
 - (1) Wash artichokes, separating leaves slightly to run water into center and remove any dirt or bugs.
 - (2) Cut stem at bottom so artichoke will sit flat.
 - (3) Peel off any loose small leaves at bottom.
 - (4) Use kitchen shears to trim tops of leaves by about 1/8 inch, starting at bottom and spiraling upward, working your way up the artichoke. Stop when you get close to the top. Lay artichoke on its side and use a sharp knife to slice off the top. This will help the artichokes cook faster, as well as take off any sharp spines at the leaf points.
 - (5) Bring water to a boil in a large, covered pan, with stove burner set on high. Turn heat to low when water is boiling. You can start this process before you begin trimming the artichokes. Fill pan about 1/3 of the way up with water, enough so when you add the artichokes, it covers them at the bottom but doesn't quite cover them at the top.

- (6) Mix together 1 tablespoon olive oil, ½ tablespoon lemon juice, and a hearty sprinkle of garlic powder on a small plate. Dip the cut top of each artichoke into the mix. (This amount of seasoning mixture is good for 2 artichokes.)
 - (7) Lower artichokes into water (carefully, if it's already hot!), using tongs if needed. The tops of the artichokes will be above the water's edge, but will cook by steaming.
 - (8) Scrape any remaining seasoning mix from plate into water.
 - (9) When water has come to a boil, turn burner to low. Simmer, covered, until done, about 40 to 45 minutes depending on size of artichokes.
- (D) Serving Technique:
- (1) Get out bowls, one for each artichoke and one per person to hold discarded leaves.
 - (2) Get dipping sauce of your choice ready, mayonnaise and/or melted butter. You can melt a small amount of butter easily in a microwave safe cup in your microwave. For mayonnaise, put a tablespoon or two on a plate.
 - (3) Carefully lift each artichoke out of water, gripping it around the middle with tongs in one hand and a large kitchen spoon to help support it at the bottom. You can drain excess water caught inside artichoke by turning it upside down over pan. Serve artichokes in individual bowls.
- **Eat Your Artichoke!**
 - (A) Peel off a bottom leaf.
 - (B) Dip into mayonnaise or melted butter as desired.
 - (C) Scrape pulp on inside bottom of leaf between your teeth.
 - (D) Enjoy!
 - (E) Discard remainder of leaf in second bowl.
 - (F) Repeat steps A – E, working your way up and toward the center of the artichoke.
 - (G) When you have reached the leaves near the artichoke's top center, it's time for the second stage of eating an artichoke – getting to the heart! Grip artichoke near the top and pull gently, and the remaining cluster of leaves may all come up at once in your hand. If not, take a knife and use it to help separate the leaf cluster from the artichoke base which contains the heart. The edge of the leaf cluster is edible, so enjoy it, too, but beware of the sticky stuff in the middle! Don't eat it. Finally, scrape away with a knife or a spoon the sticky stuff covering the top of the artichoke's base. Lo and behold, there is the artichoke heart! Spoon your favorite dipping sauce into the hollow of the heart, eat and enjoy. Yum!