

# HOW TO COOK ARTICHOKES

## BAKED



Serves: 2



Prep Time: 10 minutes

Cook Time: 1 hour

### INGREDIENTS

2 large Ocean Mist Farms artichokes, rinsed and trimmed

Additional herbs of choice

1 lemon, halved

4 sheets of heavy duty foil wrap

4 cloves garlic, slivered

2 Tbsp. olive oil

Sea salt to taste



#### PREHEAT

Oven to 425° F



#### PREPARE

Artichokes by drizzling 1 Tbsp. olive oil and squeezing half a lemon over each one. Stuff slivered garlic between the leaves of each artichoke and season with salt and additional herbs of choice.



#### WRAP

Each artichoke with 2 layers of heavy duty foil and seal.



#### BAKE

Large artichokes for 1 hour and 20 minutes or medium artichokes for 1 hour.



#### UNWRAP

And enjoy with your favorite dipping sauce.

## STEAMED



Serves: 3



Prep Time: 8 minutes

Cook Time: 45 minutes

### INGREDIENTS

2 large Ocean Mist Farms artichokes, rinsed and trimmed



#### FILL

A large pot with water up to the bottom of a steamer basket fitted to pot.



#### PLACE

Artichokes stem-side up in steamer basket.



#### COVER

Pot and bring water to a boil.



#### STEAM

Medium artichokes for 30-45 minutes and large artichokes for 1 hour.



#### REMOVE

When knife cuts easily through the stem, season or stuff with dip and enjoy.

## MICROWAVED



Serves: 4



Prep Time: 5 minutes

Cook Time: 20 minutes

### INGREDIENTS

2 large Ocean Mist Farms artichokes, rinsed and trimmed

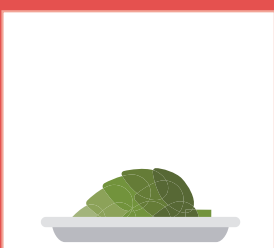
1 lemon, halved

Salt and pepper, to taste



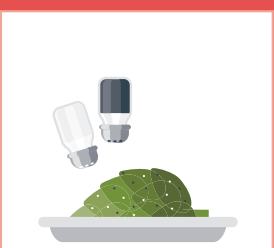
#### CUT

Trimmed artichokes in half and rub with cut lemon.



#### PLACE

Cut-side down in a shallow, microwave-safe dish.



#### SEASON

With salt and pepper.



#### ADD

1 inch of water to base of dish and cover.



#### MICROWAVE

On high for 18-20 minutes, or until tender.

## INSTANT POT



Serves: 3



Prep Time: 5 minutes

Cook Time: 20 minutes

### INGREDIENTS

3 large Ocean Mist Farms artichokes, rinsed and trimmed

1 cup water

1 lemon, cut in wedges

Salt and pepper, to taste



#### ADD

Water and lemons to the bottom of the Instant Pot.



#### PLACE

Artichokes on top of the steaming rack in the Instant Pot stem side down.



#### SEASON

With salt and pepper.



#### SEAL

And select "pressure cook" on high for 15 minutes.



#### RELEASE

Pressure naturally for 10 minutes or select instant release.

## GRILLED



Serves: 4



Prep Time: 10 minutes

Cook Time: 20 minutes

### INGREDIENTS

2 large Ocean Mist Farms artichokes, rinsed and trimmed

Olive oil, for brushing

Salt and pepper, to taste



#### STEAM

Artichokes until tender.



#### CUT

Steamed artichokes in half and brush with olive oil.



#### SEASON

With salt and pepper.



#### HEAT

Grill over medium heat.



#### GRILL

Cut side down until lightly charred.