



HOW TO BRAISE

BABY ARTICHOKES



Serves: 12-16



Prep Time: 15 minutes
Cook Time: 20 minutes

INGREDIENTS

12-16 Ocean Mist Farms
Baby Artichokes, rinsed
and trimmed

2 Tbsp. olive oil

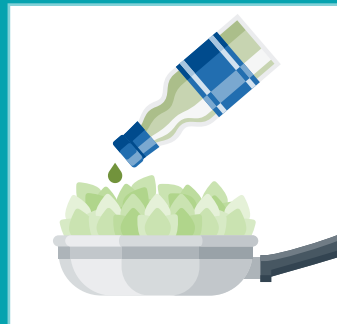
2 cups chicken stock

Salt and pepper, to taste



CUT

12-16 prepared
Baby Artichokes
into quarters.



HEAT

Skillet over medium
heat with olive oil. Add
quartered Baby
Artichokes and 5 cloves
smashed garlic. Cook
4-5 minutes, stirring
occasionally.



ADD

2 cups chicken stock
and bring to a simmer.
Cover and cook until
Baby Artichokes are
tender, approximately
10-15 minutes. Remove
from heat and enjoy!



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