



HOW TO STEAM

BABY ARTICHOKES



Serves: 9-12



Prep Time: 15 minutes
Cook Time: 20 minutes

INGREDIENTS

9-12 Ocean Mist Farms Baby Artichokes,
rinsed and trimmed



PLACE

9-12 prepared whole
Baby Artichokes in
steam basket.



FILL

Pot with water up to
the bottom of the
fitted steam basket.
Cover with lid and
bring to a boil.



STEAM

Baby Artichokes on
medium heat for 20
minutes, or until tender.



ENJOY

Baby Artichokes
whole or in other
favorite recipes.



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