

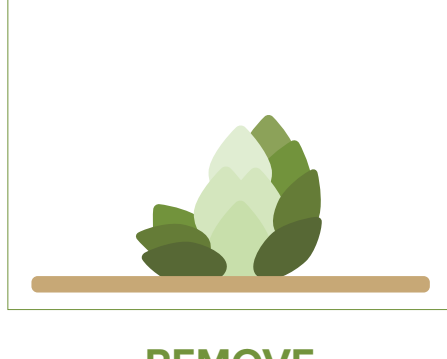
HOW TO COOK BABY ARTICHOKES

HOW TO PREPARE BABY ARTICHOKES



WASH

Baby Artichokes under cold water. Cut off 1 inch from the tops and peel or remove the dark green stem.



REMOVE

Outer petals until you reach the inner pale, yellow-green petals. Soak in lemon or vinegar water to prevent browning until ready to cook.



IF DESIRED

Half or quarter each baby artichoke for faster cooking time.

STEAMED



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.

MICROWAVED



Serves: 9-12



Prep Time: 15 minutes

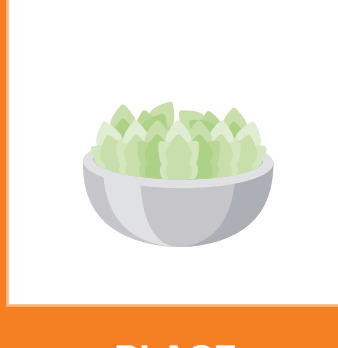
Cook Time: 10 minutes

INGREDIENTS

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

Salt and pepper, to taste

Additional seasonings of choice



PLACE

9-12 prepared whole Baby Artichokes in microwavable bowl with 2/3 cup water.



ADD

Any desired seasoning, wine or broth for additional flavor. Cover bowl.



MICROWAVE

On high for 10 minutes, or until Baby Artichokes are tender. Enjoy whole or use in your favorite recipes.

GRILLED



Serves: 9-12



Prep Time: 15 minutes

Cook Time: 30 minutes

INGREDIENTS

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

Olive oil, for brushing

Salt and pepper, to taste



STEAM

Or microwave Baby Artichokes. Let cool and pat dry.



HEAT

An oiled grill or grill pan over medium heat. Add Baby Artichokes and let sear for 3-4 minutes per side until charred.

BAKED



Serves: 9-12



Prep Time: 15 minutes

Cook Time: 20 minutes

INGREDIENTS

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

1 lemon, halved

4 cloves garlic, slivered

2 Tbsp. olive oil

Sea salt to taste

Additional herbs of choice



PREHEAT

Oven to 425° F.



CUT

9-12 prepared Baby Artichokes into halves. Place halved Baby Artichokes on a foil-lined baking sheet.



TOSS

With olive oil, lemon juice, and other desired seasonings. Spread out on pan.



BAKE

For 20 minutes, or until Baby Artichokes are tender. Remove from oven and enjoy!

BRAISED



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

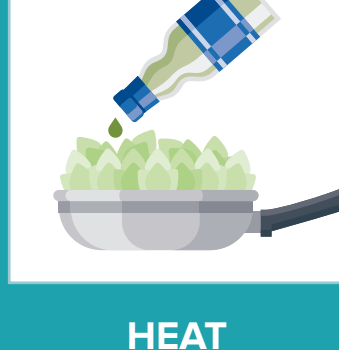
2 cups chicken stock

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!