



HOW TO STEAM

ARTICHOKES



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.



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