

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
1 lemon, halved
4 cloves garlic, slivered
2 Tbsp. olive oil
Sea salt to taste

Additional herbs of choice
4 sheets of heavy duty foil wrap



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.

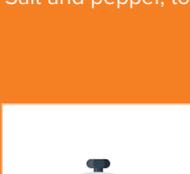
GRILLED



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.