

The background of the cover is a collage of food images. At the top left, there are two small white ramekins containing golden-brown baked artichoke hearts, sitting on a wire rack. To the right, a single artichoke heart is shown on a white plate, with some brown crumbs scattered next to it. At the bottom, a white bowl filled with a creamy, green artichoke dip sits on a wooden cutting board, next to a white plate of toasted bread slices. A blue and white checkered cloth is partially visible at the bottom right.

INSTANT **Artichoke** *COOKBOOK*

Quick and easy recipes to enjoy **INSTANTly!**





DEAR ARTICHOKE LOVER,

This spring we want to help you save time in the kitchen, so you can get to the business of enjoying family and friends around the dinner table. In our Instant Artichoke Cookbook, we've compiled 10 delicious appetizer and entrée recipes using the one of the hottest kitchen gadgets on the market, the Instant Pot™. From pastas and risotto to frittatas and chicken salad, artichokes take center stage in these quick and flavorful recipes that help you get dinner on the table in less than an hour. Whether you are cooking for one or for many, we hope these recipes help you free up time to do more of what you love!

The Ocean Mist Team





CONTENTS

Italian Artichokes

2

Baby Artichoke Risotto

4

Hot Artichoke Dip

6

Creamy Artichoke Pesto Pasta

8

Braised Baby Artichokes

Tuscan Style

10

Sundried Tomato &
Artichoke Mini Fritattas

12

Mediterranean Artichoke Dip

14

Artichoke & Almond Chicken Salad
on Toasted Sourdough

16

Stuffed Chicken Breasts with
Artichoke & Cherry Tomato Sauce

18

Crouton Stuffed Italian Artichokes

20



ITALIAN ARTICHOKES

FEATURING INSTANT POT™

INGREDIENTS

4 Ocean Mist Farms artichokes rinsed and trimmed	¼ cup olive oil
4 cloves garlic (slivered)	1 cup bottled marinara sauce
½ tsp. garlic salt	¼ cup grated Parmesan cheese



HOW TO PREPARE AN ARTICHOKE ➤



Serves:
6



Prep Time: 30 Minutes
Cook Time: 1 Hour 15 Minutes



Source:
Patricia Cuomo

DIRECTIONS

1. Place the trivet inside of the Instant Pot™ and add 1 ½ cups water.
2. Taking each artichoke, cut off the stem, trim the tips, then run under cold water. Turn and shake each artichokes upside down to drain water. Arrange artichokes leaf end up.
3. Spread artichokes open and place slivered garlic in between the leaves.
4. Drizzle the artichokes with olive oil and sprinkle with garlic salt.
5. Spoon marinara sauce on top of each artichoke and then sprinkle with parmesan cheese.
6. Select "Pressure Cook" setting - high - no delay - keep warm OFF - 15 minutes.
7. When the timer goes off, let the pressure come down naturally for 10 minutes, and then quick release the remaining pressure.
8. Test the artichokes for doneness by removing a leaf and scraping the tender bottom with your teeth. If needed, replace lid and cook again for 1-3 minutes, then quick release the pressure.
9. Serve artichokes warm.



BABY ARTICHOKE RISOTTO

FEATURING INSTANT POT™

INGREDIENTS

Artichokes:

2 lb. Ocean Mist Farms baby artichokes, rinsed and trimmed
½ cup red wine vinegar
¼ cup olive oil
½ tsp. salt
¼ tsp. dried oregano leaves, crushed

Risotto:

2½ cups chicken broth
1 cup yellow onion
3 tbsp. olive oil
8 oz. arborio rice
1 bay leaf
1 tsp kosher salt

For Assembly:

6 thick slices of bacon, diced
2-3 cloves garlic, minced
Chicken stock, as needed
1 cup (4 oz.) grated Parmesan cheese
Fresh parsley, for garnish



HOW TO PREPARE AN ARTICHOKE ➤



Serves:
4



Prep Time: 10 Minutes
Cook Time: 25 Minutes



Source:
Chef Tony Baker

DIRECTIONS

1. With a sharp knife, cut baby artichokes lengthwise in half.
2. Add all ingredients for the artichokes to the Instant Pot™.
3. Secure lid. Select "Pressure Cook" setting - high - no delay - keep warm OFF - 5 minutes.
4. When the timer goes off, quick release pressure and then remove lid. Test to make sure artichokes are very tender. If needed, replace lid and cook again for 1-2 minutes.
5. Drain the liquid and set artichokes aside.
6. Select "Saute" setting - medium - keep warm OFF - 5 minutes.
7. Once screen reads HOT, add oil and onion. Saute for 4 minutes.
8. Add rice and stir frequently for 1 minute.
9. Add the broth, salt and pepper, and bay leaf.
10. Secure lid. Select "Pressure Cook" setting - high - no delay - keep warm OFF - 8 minutes.
11. Meanwhile, saute bacon in a skillet until crispy and then drain off all but 2 T bacon drippings. Add cooked artichokes and garlic and saute until artichokes begin to brown. Remove from heat and set aside.
12. When the timer goes off, quick release pressure and then remove lid. Remove bay leaf.
13. Select "Saute" setting - medium - keep warm OFF - 3 minutes. Hit START.
14. Add bacon and artichoke mixture and stir to combine.
15. Add enough chicken stock to keep the risotto mixture loose and sauce like. Stir in parmesan, parsley, and salt to taste. If too thick, add a little more chicken stock to loosen slightly. Risotto should be like a loose porridge consistency, as it will thicken as it cools. If too loose, you can simmer mixture until it thickens slightly.







HOT ARTICHOKE DIP

FEATURING INSTANT POT™

INGREDIENTS

2 Ocean Mist Farms jumbo
artichokes hearts and stems

½ cup romano cheese

⅓ cup finely chopped red onion

5 oz frozen chopped spinach, thawed

1-3 tbsp. mayonnaise

¼ cup sour cream

Serve with:

16, ⅓-inch thick French
bread baguette rounds



HOW TO PREPARE AN ARTICHOKE ➤



Serves:
4



Prep Time: 5 Minutes
Cook Time: 10 Minutes



Source:
Patricia Cuomo

DIRECTIONS

1. Insert steam rack into Instant Pot™ and add 1 cup of water.
2. Add cleaned artichoke hearts so that they are standing up on the rack.
3. Secure the lid on the Instant Pot™, set to “pressure cook” setting - high - 5 minutes - no delay - keep warm OFF. Hit the START button.
4. Once the timer goes off, hit CANCEL, quick release the pressure, and then remove and dice artichokes.
5. Set the Instant Pot™ to the “saute” setting - medium - 5 minutes - no delay - keep warm OFF. Hit the START button.
6. Add all of the ingredients to the pot and stir frequently until the mixture is hot throughout.
7. Serve with sliced baguettes rounds.



CREAMY ARTICHOKE PESTO PASTA

FEATURING INSTANT POT™

INGREDIENTS

4 Ocean Mist Farms artichoke hearts, cleaned*and quartered
2 cloves garlic, minced
2 T butter
¼ tsp red chili flakes
¼ cup white wine
12 oz (about 4 cups)
2 ½ cup water

1 tsp kosher salt
1 cup heavy cream
1 cup finely grated parmesan cheese
1 cup finely grated romano cheese
1 tsp kosher salt
5 basil leaves

For the Pesto:

1 cup of tightly packed basil leaves
1 cup parsley leaves
2 T lemon juice
½ cup toasted cashews
¼ tsp kosher salt
20 turns fresh cracked pepper
5 T extra virgin olive oil



HOW TO PREPARE AN ARTICHOKE ➤



Serves:
8



Prep Time: 10 Minutes
Cook Time: 15 Minutes



Source:
Lorin Michel Peters

DIRECTIONS

1. Set the Instant Pot™ to the “saute” setting - medium - no delay - keep warm OFF. Hit the START button. Once the preheating step is complete and the screen reads HOT, add butter and let melt.
2. Add garlic and red chili flake and saute for 30 seconds.
3. Add white wine and let simmer for 1 minute. Hit the CANCEL button.
4. Add the pasta, water, salt, quartered artichokes and stir.
5. Secure the lid on the Instant Pot™, set to “pressure cook” setting - low - 7 minutes - no delay - keep warm OFF. Hit the START button.
6. Meanwhile, in a food processor, pulse together all ingredient for pesto until smooth.
7. Once the timer goes off, hit CANCEL, quick release the pressure, and then remove the lid and stir in the cream.
8. Set the Instant Pot™ to the “saute” setting - high - 2 minutes - no delay - keep warm OFF. Hit the START button. DO NOT use lid at this time.
9. Once the timer goes off, hit CANCEL, and stir in the pesto, cream, and 1 tsp kosher salt.
10. Serve warm in bowls. Garnish with thinly sliced basil leaves







BRAISED BABY ARTICHOKES TUSCAN STYLE

FEATURING INSTANT POT™

INGREDIENTS

9 Ocean Mist Farms baby artichokes, rinsed & trimmed	1 tsp garlic salt
½ cup dry white wine	¼ cup olive oil
Juice from one lemon	1 cup water
1 clove garlic, minced	½ cup finely grated parmesan cheese



HOW TO PREPARE AN ARTICHOKE ➤



Serves:
4



Prep Time: 10 Minutes
Cook Time: 10 Minute



Source:
Ocean Mist Farms

DIRECTIONS

1. With a sharp knife, cut baby artichokes lengthwise into 4 slices each.
2. Set the Instant Pot™ to saute setting - medium - keep warm OFF - 1 minute.
3. Once screen reads HOT, add oil, artichokes, and garlic. Gently stir.
4. Add wine, lemon juice, water, and garlic salt. Gently stir to combine.
5. Secure lid. Select "Pressure Cook" setting - high - no delay - keep warm OFF - 5 minutes.
6. When the timer goes off, quick release pressure and then remove lid. Test to make sure artichokes are very tender. If needed, replace lid and cook again for 1-2 minutes.
7. Remove artichokes from the liquid and gently toss with parmesan cheese and season with salt to taste.
8. Serve as a first course or use on top of pizza or pasta.



SUNDRIED TOMATO & ARTICHOKE MINI FRITATTAS

FEATURING INSTANT POT™

INGREDIENTS

2 Ocean Mist Farms fresh artichoke hearts, cleaned*

1 tsp kosher salt

Juice of half a lemon

6 large eggs

4 T cream

½ tsp kosher salt

20 turn fresh cracked pepper

2 oz herbed goat cheese, crumbled

6 sundried tomatoes, diced

Equipment needed

3, 1 cup ramekins

3 small pieces of foil



HOW TO PREPARE AN ARTICHOKE >



Serves:
3



Prep Time: 10 Minutes
Cook Time: 20 Minutes



Source:
Ocean Mist Farms

DIRECTIONS

1. Insert steam rack into Instant Pot™ and add 1 cup of water, lemon juice, and 1 tsp salt.
2. Add cleaned artichoke hearts so that they are standing up on the rack.
3. Secure the lid on the Instant Pot™, set to “pressure cook” setting - high - 5 minutes - no delay - keep warm OFF. Hit the START button.
4. Once the timer goes off, hit CANCEL, remove and dice artichokes.
5. In a small bowl, whisk together eggs, cream, salt and pepper until well combined
6. In the bottom of each ramekin, evenly distribute crumbled goat cheese, diced sundried tomatoes, and diced artichoke hearts. Pour egg mixture over top and then loosely cover each with foil.
7. Make sure there is still a good amount of water in the bottom of the pot and then add the ramekins to the steam rack. Adjust foil to make sure there is no exposure to the egg (this will keep condensation from dripping into the eggs).
8. Secure the lid on the Instant Pot™, set to “pressure cook” setting - high - 12 minutes - no delay - keep warm OFF. Hit the START button.
9. Once the timer goes off, hit CANCEL, and let stand for 5 minutes.
10. Quick release the pressure and remove the lid. Carefully remove the frittatas and let cool slightly.
11. Using a butter knife, gently loosen around the edges of the frittata and then flip the ramekins upside down on a cutting board. If needed, firmly tap the upside down ramekin so that the frittata comes loose. Serve warm or refrigerate for next day.







MEDITERRANEAN ARTICHOKE DIP

FEATURING INSTANT POT™

INGREDIENTS

4 Ocean Mist Farms fresh
artichoke hearts, cleaned*

1 tsp salt

Juice of half a lemon

½ package of cream cheese

12 oz crumbled feta cheese

10 oz frozen chopped

spinach, thawed and
drained

½ cup pitted and quartered
kalamata olives

7 oz jar of sundried
tomatoes, drained and diced

1 can garbanzo beans,
drained and rinsed



HOW TO PREPARE AN ARTICHOKE ➤



Serves:
6



Prep Time: 10 Minutes
Cook Time: 15 Minutes



Source:
Lorin Michel Peters

DIRECTIONS

1. Insert steam rack into Instant Pot™ and add 1 cup of water, lemon juice, and 1 tsp salt.
2. Add cleaned artichoke hearts so that they are standing up on the rack.
3. Secure the lid on the Instant Pot™, set to “pressure cook” setting - high - 5 minutes - no delay - keep warm OFF. Hit the START button.
4. Once the timer goes off, hit CANCEL, quick release the pressure, and then remove and dice artichokes.
5. Set the Instant Pot™ to the “saute” setting - medium - 5 minutes - no delay - keep warm OFF. Hit the START button.
6. Add all of the ingredients to the pot and stir frequently until the mixture is hot throughout.
7. Serve warm with pita chips.



ARTICHOKE & ALMOND CHICKEN SALAD ON TOASTED SOURDOUGH

FEATURING INSTANT POT™

INGREDIENTS

For the chicken:

2 thick chicken breasts
1 tsp kosher salt
1 T extra virgin olive oil

1 T extra virgin olive oil
1 tsp dijon mustard
1 tsp finely chopped shallot
1 tsp kosher salt
20 turns fresh cracked pepper
Zest of ½ a lemon

1 T finely chopped parsley
4 Ocean Mist Farms fresh artichoke hearts, cleaned* and quartered
½ cup toasted slivered almonds
1 cup thinly sliced red grapes
4 thick slices of sourdough bread, toasted or grilled



HOW TO PREPARE AN ARTICHOKE >



Serves:
4



Prep Time: 10 Minutes
Cook Time: 20 Minutes



Source:
Ocean Mist Farms

DIRECTIONS

1. In a small bowl, combine ingredients for dressing until well incorporated.
2. Season the chicken breasts with 1 tsp salt
3. Set the Instant Pot™ to the “saute” setting - high - no delay - keep warm OFF. Hit the START button. Once the preheating step is complete and the screen reads HOT, add 1 T olive oil and then both chicken breasts.
4. Allow chicken breasts to sear for 2 minutes, carefully flip, and then sear the other side for 2 more minutes. DO NOT use lid at this time.
5. Add broth and artichokes.
6. Secure the lid on the Instant Pot™, set to “pressure cook” setting - high - 3 minutes - keep warm OFF. Hit the START button.
7. Once timer goes off, hit CANCEL, quick release the pressure, and remove the lid.
8. Remove chicken and let rest for 5 minutes. Meanwhile, dice the artichokes.
9. Dice chicken and combine with dressing. Gently fold in almonds, grapes, and artichokes.
10. Let chill in refrigerator until cold (or can serve warm if desired).
11. Toast or grill sourdough slices and then top with chicken salad. Garnish with fresh parsley leaves and serve.







STUFFED CHICKEN BREASTS WITH ARTICHOKE & CHERRY TOMATO SAUCE

FEATURING INSTANT POT™

INGREDIENTS

For the chicken:

2 thick chicken breasts
1 tsp kosher salt
10 turns fresh cracked pepper

For the stuffing:

5 oz frozen chopped spinach, thawed and squeezed dry

¼ cup finely grated romano cheese
¼ cup grated mozzarella cheese
1 tsp garlic powder
½ tsp kosher salt
2 Ocean Mist Farms fresh artichoke hearts, cleaned* and quartered

1 cup cherry tomatoes
1 T extra virgin olive oil
½ cup vegetable broth
½ tsp kosher salt
1 T heavy cream
2 T finely grated romano cheese
¼ of a lemon



HOW TO PREPARE AN ARTICHOKE ➤



Serves:
2



Prep Time: 10 Minutes
Cook Time: 20 Minutes



Source:
Ocean Mist Farms

DIRECTIONS

1. In a small bowl, combine ingredients for stuffing until well incorporated.
2. Using a chef's knife, carefully butterfly the chicken breast just enough so that a large pocket forms. Do not cut the chicken breast in half.
3. Stuff each chicken breast with half of the spinach mixture and then press the top part of the chicken down firmly.
4. Season the chicken breasts with 1 tsp salt and 10 turns of fresh cracked pepper.
5. Set the Instant Pot™ to the "saute" setting - high - no delay - keep warm OFF. Hit the START button. Once the preheating step is complete and the screen reads HOT, add 1 T olive oil and then both chicken breasts.
6. Allow chicken breasts to sear for 2 minutes, carefully flip, and then sear the other side for 2 more minutes. DO NOT use lid at this time.
7. Add broth, tomatoes, and artichokes.
8. Secure the lid on the Instant Pot™, set to "pressure cook" setting - high - 3 minutes - keep warm OFF. Hit the START button.
9. Once timer goes off, hit CANCEL, quick release the pressure, and remove the lid. Switch to "saute" setting - high - 7 minutes - no delay - keep warm OFF. Hit the START button.
10. Once timer goes off, hit CANCEL. Add cream, romano cheese, ½ tsp salt, and stir.
11. Spoon sauce over each chicken breast and then finish with a squeeze of lemon juice.



CROUTON STUFFED ITALIAN ARTICHOKES

FEATURING INSTANT POT™

INGREDIENTS

4 Ocean Mist Farms artichokes	4 cloves garlic, finely chopped
½ loaf Italian Bread, crust removed	Salt and pepper to taste
½ cup romano cheese, grated	1 T extra virgin olive oil
⅓ cup fresh parsley, finely chopped	



HOW TO PREPARE AN ARTICHOKE >



Serves:
4



Prep Time: 10 Minutes
Cook Time: 15 Minutes



Source:
Ocean Mist Farms

DIRECTIONS

1. In large bowl, shred the crustless bread until you have small fluffy pieces. Add garlic, cheese, parsley, salt and pepper. Toss bread and seasoning mixture together until combined, then add oil. Toss mixture together again and set aside.
2. Taking each artichoke, cut off the stem, trim the tips, then run under cold water. Turn and shake each artichokes upside down to drain water.
3. Spread artichokes open and divide bread mixture between them. Be sure to put some between the outer leaves.
4. Place the trivet inside of the Instant Pot™ and add 1 ½ cups water.
5. Arrange the artichokes to that the leaf ends are up and then secure the lid.
6. Select "Pressure Cook" setting - high - no delay - keep warm OFF - 15 minutes.
7. When the timer goes off, let the pressure come down naturally for 10 minutes, and then quick release the remaining pressure.
8. Test the artichokes for doneness by removing a leaf and scraping the tender bottom with your teeth. If needed, replace lid and cook again for 1-3 minutes, then quick release the pressure.



