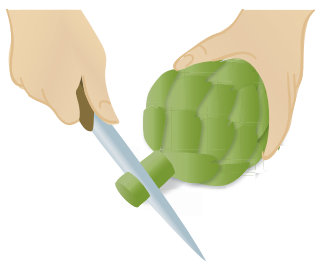


GRILLING

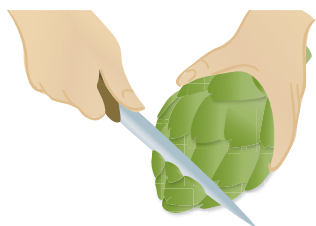
Year-Round Vegetable Cooking



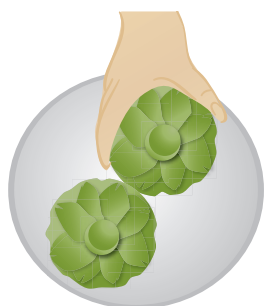
How to Prepare Artichokes for Cooking



Trim stem to approximately 1 inch.



Trim about 1 inch off the top.



Arrange artichokes, either stem up or stem down.



Use a spoon to scrape out the fuzz.

Artichokes are easy to cook, with just a little preparation.

1. Rinse the artichokes under cold, running water.
2. Trim the artichoke stem approximately 1 inch. (The stem is an extension of the heart)
3. Trim the top of the artichoke approximately 1 inch.
4. With scissors, trim tip of petals to remove any remaining thorns.

How to Steam Artichokes

Steaming artichokes is the ideal cooking method for maintaining their high-nutrient content.

Stove top

Using a deep pot, arrange artichokes either stem up or down—preferably in a steamer basket—keeping the artichokes above the steaming water. If a steaming basket is not available, place artichokes directly in water, keeping them only partially submerged.

Cover the pot and steam over rapid-boiling water (making sure to maintain the water level) until artichokes are tender. (Optional: use a broth instead of water for added flavor.)

Depending on size and quantity, total cooking time can range from 30-50 minutes. After the artichokes are tender, use tongs to carefully lift them out of the pot.

Testing Your Artichokes for Doneness:

However you decide to cook an artichoke, it is important to know when it is done. The best way is to use a toothpick or fork to poke the base of the artichoke to check if it is tender all the way through to the heart. If there is no resistance, it's done and ready to eat or use in a recipe.

Removing the Fuzz

There are several ways to remove the center artichoke “fuzz” once it is cooked.

1. The easiest way is to remove and enjoy each petal of the artichoke until you make your way down to the fuzzy center. Then use a spoon to scrape out the fuzz.
2. Cut the cooked artichoke in half lengthwise from top to bottom of stem. This will expose the fuzzy center on both sides of the choke. Using a spoon, scoop out the fuzz from both artichoke halves.
3. Spread open the center of the artichoke. Pull up and remove the center cluster of small, thin artichoke petals to expose the center fuzz. Use a spoon to gently scoop out the center fuzz.

Baby Artichokes

To Prepare:

After rinsing, snap off the lower petals until you reach the yellow-green core. Use a knife and cut off the top half inch of the Baby Artichoke, or just below the green tips of the petals. Trim the stems and all remaining dark-green areas from the base. Slice, halve or quarter per your recipe directions or preference.

To Cook:

Baby Artichokes can be cooked just like the larger-sized artichokes, but for not as long. Baby Artichokes are done when a toothpick or knife tip will go into the base of the artichoke easily.



Easy Grilled Artichokes

Get creative and season your artichoke before grilling! Add Lemon Pepper, Garlic, and Herbs.

**Cooked Ocean Mist Artichokes,
halved (vary quantity and artichoke
size according to your needs)**

Olive oil

Dry seasonings (optional)

Salt and pepper

Nonstick cooking spray

**Mesh grilling basket or handmade
grilling foil basket (see back cover
page for this option)**

*Mesh Grill-Top Chef's Pan available at
Williams-Sonoma*

Prior to making this recipe, follow the artichoke preparation and cooking directions on page 1.

Preheat outdoor grill.

Brush cooked artichoke halves with olive oil and season with salt and pepper or preferred dry seasonings.

Directly spray either grill or a mesh grill basket with nonstick cooking spray.

Place cut artichoke halves directly above the flame on the grill. Allow the artichokes to evenly char.

Remove the artichokes from the grill and place on a serving platter. To make artichokes easier to eat, remove center fuzz before serving (see Page 1 for instructions). Serve as is with the healthy grilled flavor or along with your favorite dipping sauce.



Visit www.oceanmist.com for more Ocean Mist vegetable recipes and cooking videos.



Fire Roasted Artichoke with Tomato Balsamic Chutney

Cooked Ocean Mist Artichokes, halved (vary quantity and artichoke size according to your needs.)

Nonstick cooking spray

Mesh grilling basket (optional)

Chutney:

5 large tomatoes, seeded and chopped

½ medium yellow onion, chopped

½ bunch Green onions, chopped

1 tablespoon olive oil

½ cup brown sugar

½ cup golden balsamic vinegar

½ teaspoon cumin

Salt and pepper

Prior to making this recipe, follow the artichoke preparation and cooking directions on page 1.

Preheat outdoor grill.

Remove center fuzz from each cooked artichoke half (See page 1 for instructions). Brush cooked artichoke halves with olive oil and season with salt and pepper.

Directly spray either the grill or a mesh grill basket with nonstick cooking spray.

Place cut artichoke halves directly above the flame on the grill. Allow the artichokes to evenly char using tongs to turn the artichoke halves over until they have char marks on both sides. Remove artichokes.

Combine the chutney ingredients into a medium saucepan. Add tomatoes and simmer for 30 minutes. Allow chutney to cool to room temperature. Top grilled artichokes with chutney and serve.

This recipe was created by Chef Tony Baker, Montrieo Bistro, Monterey California.





Campfire Artichokes

A perfect appetizer to enjoy around the campfire or backyard grill.

**Cooked Ocean Mist Artichokes,
whole, with center fuzz removed
(vary quantity and artichoke size
according to your needs)**

**4 tablespoons mesquite barbecue
seasoning or taco seasoning (dry)**

2 teaspoons garlic salt

**Nonstick cooking spray (butter
flavored)**

Prior to making this recipe, follow the artichoke preparation and cooking directions on page 1.

Allow the campfire or backyard grill to reach high heat.

Remove center artichoke fuzz from each cooked artichoke (see page 1 for instructions).
Generously spray nonstick cooking spray between the artichoke petals.

Spray nonstick cooking spray between the artichoke petals. Spray generously.

Dust each artichoke with 1 tablespoon seasoning and ½ teaspoon garlic salt.

Place the artichokes directly on the grill. Turn frequently until outside petals are evenly charred (about 20 minutes).

Remove from grill and enjoy.





Fire-Charred Iceberg Salad

Enjoy the smoky flavor of this iceberg wedge salad.

1 head of Ocean Mist Iceberg Lettuce—rinsed core removed, head quartered into 4 wedges

2 red tomatoes—rinsed and halved (use your preferred variety of tomato)

Olive oil

Red wine vinegar

1 cup garlic croutons

Salt and pepper

Nonstick cooking spray

Mesh grilling basket or handmade grilling foil basket (see back cover page for this option)

Mesh Grill-Top Chef's Pan available at Williams-Sonoma

Preheat outdoor grill.

Directly spray either mesh grill basket or grilling foil with nonstick cooking spray.

Add tomatoes to mesh grill basket or grilling foil and place directly over flames. Grill tomatoes for 5 minutes or until they begin to evenly char, but are still slightly firm. Remove tomatoes.

Add lettuce wedges to mesh grill basket or grilling foil and place directly over flames. Char lettuce for about 5 minutes, turning often with tongs.

After lettuce is charred, place the tomatoes in the mesh grill basket or grilling foil along with croutons. Salt and pepper the vegetables to taste. Then drizzle olive oil over vegetable mix. Leave mesh grill basket or foil on hot grill and heat all ingredients for about 2 more minutes.

Remove from grill and drizzle with red wine vinegar to taste. Serve immediately.



Visit www.oceanmist.com for more Ocean Mist vegetable recipes and cooking videos.



Artichoke Minted Chicken

Tender grilled chicken with a burst of surprising flavors!

2 pounds boneless, skinless chicken breasts, cut into strips

2 large Ocean Mist Fennel bulbs, cut into bite-size pieces

4 cooked Ocean Mist Artichokes—use only hearts and stems, cut into bite-size pieces.

½ cup chopped fresh mint leaves

2 tablespoons chopped fresh thyme

Juice from one lime

1 teaspoon garlic salt

Salt and pepper

Nonstick cooking spray

Mesh grilling basket or handmade grilling foil basket (see back cover page for this option)

Mesh Grill-Top Chef's Pan available at Williams-Sonoma

Prior to making this recipe, follow the artichoke preparation and cooking directions on page 1.

Preheat outdoor grill.

Directly spray either mesh grill basket or grilling foil with nonstick cooking spray.

Add the ingredients listed at left to the mesh grill basket or grilling foil, salt and pepper to taste, and place onto grill.

Allow to cook over flames for about 18 minutes. Turn chicken and vegetables often with large cooking spoon.

Ingredients will smoke while cooking—the smoke adds wonderful flavor!

Remove mesh grill basket or grilling foil from grill and garnish this tasty dish with fresh mint leaves.



Visit www.oceanmist.com for more Ocean Mist vegetable recipes and cooking videos.



Harvest Grill Basket

Veggies and apples make a perfect harvest dish!

2 cups Ocean Mist whole Brussels Sprouts, cooked (steam or microwave and then cut into bite-size pieces)

2 large Ocean Mist Fennel bulbs, cooked (steam or microwave and then cut into bite-size pieces)

2 apples, cored and cut into large chunks

6 large sage leaves, chopped

1 teaspoon cinnamon

1 cup pecan halves

Salt and pepper

Nonstick cooking spray

Mesh grilling basket or handmade grilling foil basket (see back cover page for this option)

Mesh Grill-Top Chef's Pan available at Williams-Sonoma

Preheat outdoor grill.

Directly spray either mesh grill basket or grilling foil with nonstick cooking spray.

Place Brussels sprouts, fennel, apples, sage, cinnamon, pecans, salt and pepper into mesh grill basket or grilling foil.

Place on grill and cook for about 20 minutes (turning often). Apples will become crisp on the outside and tender on the inside. Pecans will toast to a dark brown when done.

Remove basket from grill and serve.



Visit www.oceanmist.com for more Ocean Mist vegetable recipes and cooking videos.



Honey Grilled Cauliflower

A delicious vegetable to try on the outdoor grill.

**1 head of Ocean Mist Cauliflower,
rinsed and cut into florets**

1 cup honey

Salt and pepper

Nonstick cooking spray

6 wooden skewers (soaked in water)

Preheat outdoor grill.

Place cauliflower in one inch of water and cook in microwave on high for 5 minutes or until the florets are crisp on the outside and tender on the inside.

Place four florets on each wooden skewer and spray with cooking spray.

Place cauliflower skewers on grill, and cook (turning evenly to create a light charring on the cauliflower).

Brush cauliflower with honey. Salt and pepper to taste.

Continue to grill cauliflower for another minute or until the honey melts into the cauliflower.

Remove from grill and serve.



Smokey Baby Bleu Artichokes

Baby Artichokes are perfect to grill in a basket!

**12 Ocean Mist Baby Artichokes,
trimmed and cooked**

½ cup crumbled bleu cheese

Balsamic vinegar

Salt and pepper

Nonstick cooking spray

**Mesh grilling basket or handmade
grilling foil basket (See back cover
page for this option)**

*Mesh Grill-Top Chef's Pan available at
Williams-Sonoma*

Prior to making this recipe, follow the artichoke preparation and cooking directions on page 1.

Preheat outdoor grill.

To prepare the baby artichokes for cooking, snap off the lower petals until you reach the yellow-green core. Trim each baby artichoke by cutting off the top half inch and the bottom stem (see How to Steam Artichokes on page 1, but reduce the cooking time as suggested below).

- Microwave: Cook on high for approximately 4-5 minutes in 1 inch of water.
- Stove top: Steam on high for approximately 10-15 minutes.

Baby artichokes are done when a toothpick or knife tip will go into the base of the artichoke easily.

Directly spray either mesh grill basket or grilling foil with nonstick cooking spray. Add cooked baby artichokes to mesh grill basket or grilling foil and cook on grill—directly over flames—for 5 minutes or until artichokes are charred evenly.

Add salt and pepper to taste and sprinkle bleu cheese on top of artichokes. Keep the basket on the grill for one minute or until the bleu cheese melts.

Remove the artichokes from the grill and plate. Drizzle balsamic vinegar over the artichokes and serve.



Visit www.oceanmist.com for more Ocean Mist vegetable recipes and cooking videos.



Grilled Artichokes with Pineapple & Mango Salsa

Enjoy this tropical flavor for artichoke leaves.

2-4 Grilled Ocean Mist Artichokes, halved (see page 2 for “Easy Grilled Artichokes” instructions)

3 Ocean Mist Green Onions (rinsed and chopped)

½ cup rinsed and cleaned Ocean Mist Italian Parsley

1 can (15 oz or 2 cups fresh) pineapple chunks

1 large mango: rinsed, peeled and cubed

1 cup roasted red bell pepper (rinsed and chopped)

2 tablespoons lime juice

Garlic salt and pepper

Prior to making this recipe, follow the artichoke preparation and cooking directions on page 1.

Place pineapples, onions, mango, parsley, red pepper, lime juice, garlic salt and pepper in a food processor.

Pulse until salsa is well combined but still has small chunks.

Remove center artichoke fuzz from each cooked artichoke half, then fill grilled artichoke halves with salsa and serve chilled.





Mesh Grilling Basket

The mesh grilling basket mimics the Mediterranean technique of wood-fire grilling that infuses food with a delicious smokey flavor. The open mesh allows foods to be exposed directly to open flames searing them on all sides, without losing ingredients to the fire. Use a grilling mitt or glove when using the mesh grill basket, the handle can get hot.

Where to find: www.williams-sonoma.com

Care: Hand washing is recommended.



Do It Yourself Grilling Foil Basket

Make your own grilling basket by shaping 2 layers of heavy duty aluminum foil over a flat bottom bowl or deep baking dish. Remove the foil from the bowl or baking dish and crimp the edges to form the rim. Poke small holes into bottom of foil with sharp object. Holes should be large enough to expose food directly to grill flames but small enough to keep food from falling through. Perfect for grilling a meal without the clean-up!



Grilling Tips and Timesavers

- Add smokey flavor to foods—soak wood chips in water for one hour, then wrap in foil to form a pouch. Punch a few holes into the foil and place directly on coals.
- Avoid scorching kabob skewers—soak the skewers in water before threading them with meat and vegetables. Then wrap skewer ends with foil.
- Remove the lid to your grill as seldom as possible.
- Each peek slows down the cooking time.
- Non-fat cooking spray helps make perfect grill marks on any food.

