

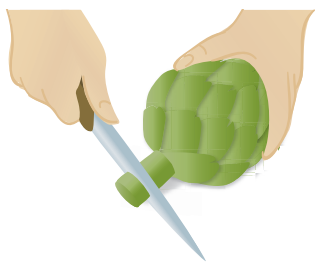
# SLOW COOKING

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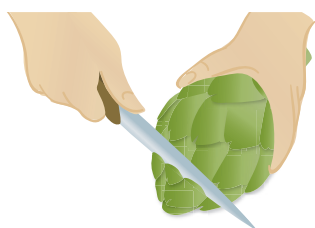
Year-Round Vegetable Cooking



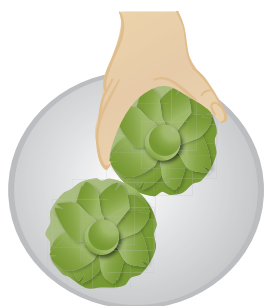
# How to Prepare Artichokes for Cooking



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.



# Slow Cooker Artichokes

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*Artichokes in the slow cooker! What a great and delicious idea!*

**3 to 4 Ocean Mist artichokes rinsed and trimmed**

**Juice from one lemon**

**4 garlic cloves (slivered)**

**1/2 teaspoon garlic salt**

**4 tablespoons olive oil**

**1/2 cup of white wine (optional)**

**Water (optional: use broth for more flavor)**

Spread artichoke petals open to season. Between the petals, squeeze lemon juice, and drizzle olive oil, sprinkle garlic salt. Stuff one garlic clove between leaves. Pour 1/2 of white wine in the bottom of slow cooker and add 2" of water to slow cooker. Water should only be covering bottom fourth of artichokes. Set slow cooker on high setting and cover with lid.

Cook time:

- X-Large/Jumbo: 4 hours
- Medium: 3 hours.

Let cool before serving.





# Slow Cooker Cauliflower Risotto

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*This recipe will amaze you with the look and taste of real risotto!*

**2 heads cauliflower (chopped raw to resemble grains of rice)**

**1 1/2 cups of vegetable broth (chicken or beef is also good)**

**1/2 cup grated parmesan cheese**

**Garlic salt and pepper to taste**

**1 cup of frozen green peas (for optional garnish)**

Set slow cooker on high setting.

Add chopped cauliflower, vegetable broth, parmesan cheese and seasoning to slow cooker. Stir with large spoon to combine all ingredients.

Cover slow cooker with lid and cook for three hours but no longer than four hours. When done, add frozen peas to cauliflower risotto and toss peas into hot cauliflower. Serve with grated parmesan cheese.





# Slow Cooker Carrot-Butternut & Fennel Soup

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*A perfect first course soup for any fall or winter dinner.*

**1 fennel bulb (cored & chopped)**

**3 apples peeled, cored and chopped**

**3 stalks of celery, chopped**

**1 1/2 pounds of baby carrots**

**4 cups of butternut squash (peeled and cubed)**

**1 teaspoon minced garlic**

**1 teaspoon pumpkin pie spice**

**1 teaspoon garlic salt**

**1 yellow onion, chopped**

**1 tablespoon brown sugar**

**1/4 teaspoon ground ginger**

**1/4 teaspoon ground cloves**

**2 cups apple juice**

**1 can (14 ounce) of chicken broth**

**1 cup of water**

**1 can (12 ounce) evaporated milk**

In a 6 quart slow cooker, place all ingredients (except milk) and cover slow cooker with lid. On low setting, cook for 8 hours. With hand held blender, puree vegetables until smooth. Add milk and more apple juice or chicken broth until soup is smooth and soup is consistency of a light cream soup. Top each bowl of soup with a teaspoon of sour cream or yogurt and a sprinkle of cinnamon.



# Chicken Cauliflower Rice Slow Cooker Casserole

*A one-pot meal that satisfies a hungry family.*

**1 cauliflower (chopped into small diced pieces, the size of an almond)**

**1 fennel bulb (cored and diced)**

**2 slices cooked bacon, chopped**

**3 tablespoons olive oil**

**2 1/2 pounds chicken thighs, trimmed of excess skin**

**1/2 cup diced onion**

**1/2 cup diced celery**

**2 tablespoons worcestershire sauce**

**3/4 teaspoon salt**

**1 teaspoon garlic salt**

**1/4 teaspoon black pepper**

**2 tablespoons chopped fresh sage**

**1 1/2 cups long-grain white rice**

**8 ounces sliced brown mushrooms (baby bellas or cremini)**

**3 cups hot chicken broth**

**2 tablespoons chopped parsley for garnish**

Add cooked bacon to 4 1/2 quart slow cooker.

Add olive oil to slow cooker. Place chicken in slow cooker, skin side down. Add remaining ingredients except parsley in order given.

Cover slow cooker and cook on low for 3 hours or until rice is tender.

Uncover slow cooker and let stand for 15 minutes. Add salt and pepper if desired.

Garnish with chopped parsley.





# Simple Slow Cooker Artichoke Chili

*This is the perfect chili to use in Ocean Mist Farm's popular Chili & Chokes recipe.  
Use cooked artichoke leaves to dip into this hearty chili.  
You can even use a cooked artichoke as an edible bowl for this chili!*

**4 cooked and chopped artichoke hearts, stems and bottoms (See "How to Prepare Artichokes" page 1)**

**3 pounds 90% lean ground beef**

**2 cans (14 1/2 ounces each) diced tomatoes, undrained**

**3 cans (14 1/2 ounces each) chili beans, undrained**

**2 cups sliced onions**

**1 fennel bulb (cored and diced)**

**1 can yellow corn, drained**

**1 can black beans (rinsed and drained)**

**1 cup chopped green bell pepper**

**1 can (8 ounces) tomato sauce**

**3/4 cup BBQ sauce**

**3 tablespoons chili powder**

**1 teaspoon garlic salt**

**1 teaspoon ground cumin**

**1 teaspoon dried oregano**

**1/2 teaspoon allspice**

*\*Make sure you save the cooked artichoke leaves for dipping in the chili*

Heat large skillet over medium-high heat until hot. Add beef. Cook and stir until browned. Drain and discard excess fat.

Transfer meat and all the other ingredients into 5 quart slow cooker. Cover and cook on low for 4 hours.

Use cooked artichoke leaves as dippers for chili.



# Italian Sausage & Spinach Soup

*This slow cooker soup is one of our favorite soup recipes!*

## **SAUSAGE MEATBALLS:**

- 1 pound mild Italian sausage, casing removed
- 1/2 cup dried bread crumbs
- 1/4 cup grated parmesan cheese
- 1/4 cup milk
- 1 egg
- 1/2 teaspoon dried italian seasoning
- 1/2 teaspoon black pepper
- 1 tablespoon chopped parsley

## **SOUP:**

- 4 cups hot chicken broth
- 1 tablespoon tomato paste
- 1 teaspoon minced garlic
- 4 to 6 fresh basil leaves (chopped)
- 1 fennel bulb (cored and diced)
- 1/4 teaspoon red pepper flakes
- 1/2 head cauliflower (diced)
- 10 ounces of baby spinach leaves
- Grated parmesan cheese

Combine all the meatball ingredients in medium size bowl. Form into marble-size meatballs.

Combine all the other ingredients (except spinach and grated cheese) in a 4 1/2 quart slow cooker. Add meatballs. Cover slow cooker and cook on low setting for 5 to 6 hours.

10 minutes before serving soup, stir in spinach leaves and ladle into bowls. Sprinkle with parmesan cheese and serve immediately.







# Italian Slow Cooker Artichokes

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*An Italian version of the simple slow cooker artichokes*

**3 to 4 Ocean Mist artichokes, rinsed and trimmed**

**4 garlic cloves (sliced)**

**1/2 teaspoon garlic salt**

**4 tablespoons olive oil**

**1 cup bottled marinara sauce**

**4 tablespoons grated parmesan cheese**

In a four quart slow cooker add 3 to 4 artichokes (tops facing up). Drizzle each artichoke with 1 tablespoon of olive oil. Stuff on clove of garlic (sliced) in between artichoke leaves.

Sprinkle with garlic salt and spoon 1/4 cup marinara sauce on top of each artichoke then sprinkle with 1 tablespoon of grated parmesan cheese.

Set slow cooker on high setting and cover with lid. Cook for 3 to 4 hours or until artichoke leaves are tender.





# Low Fat Cauliflower Slow Cooker Chili

*An easy healthy weeknight meal in one pot that the whole family will love!*

- 1 head cauliflower, diced**
- 1 fennel bulb (cored and diced)**
- 1 pound ground turkey or beef**
- 1 package chili seasoning (1 1/4 ounces)**
- 2 cans - about 14 ounces each diced tomatoes with green chili's, undrained**
- 1 can - about 15 ounces red kidney beans (rinsed and drained)**
- 1 can - 8 ounces tomato sauce**
- 1 can - 6 ounce tomato paste**
- 1/2 teaspoon ground allspice**
- 1 cup shredded cheddar cheese**
- Chopped green onions (optional garnish)**

Brown ground meat in large skillet, stirring to break up meat; drain fat.

Place cooked meat and all the other ingredients, except cheese and green onions, in a 4 1/2 quart slow cooker. Stir to combine. Cover and cook on low setting for 4 to 6 hours or on high 2 to 3 hours.

Top each serving with cheese and green onions, if desired.



# Ocean Mist Farms Vegetable Bisque

*An elegant yet easy soup made in the slow cooker!*

**1 large leek (trimmed, well rinsed and chopped)**

**2 stalks celery, sliced**

**2 medium carrots, sliced**

**1 fennel bulb, chopped**

**9 ounces of baby spinach**

**1/2 head cauliflower, chopped**

**1 tablespoon minced garlic**

**1 teaspoon garlic salt**

**2 tablespoons fresh chopped tarragon**

**1/4 cup fresh chopped parsley**

**3 cans (14 ounces) chicken broth**

**1 cup cream cheese with garlic and herbs**

**2 cups half and half, plus additional for garnish**

**Pepper to taste**

Combine leeks, celery, carrot, garlic, cauliflower, spinach, fennel, parsley, tarragon, garlic salt, and broth in 3 1/2 to 4 1/2 quart slow cooker.

Cover and cook on low for 8 hours or on the high setting for 4 hours.

Puree in blender (1 cup at a time) until smooth. Add cream cheese to last batch of soup and continue to puree. Return pureed soup to slow cooker. Stir half and half into soup and add pepper to taste.

Garnish soup with a swirl of half and half and a sprig of fresh tarragon.





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