

APPETIZERS FOR ENTERTAINING

Creative Ways to Use & Serve Artichokes





Tips for Entertaining and Planning Appetizers

from Chef Tony Baker

Montrio Bistro's Chef Tony Baker features a delicious selection of “*small bites*” in his California bistro. We asked him to share some of his tips for entertaining featuring appetizers:

“*Small Bites*” are dishes that I serve on 6 inch square plates. I always have 8 or 10 different items available and they change frequently. Guests may order multiple items and mix and match. It’s a fun way to try lots of flavors and creative dishes without filling up on one large appetizer.

A small bite should be exactly that, one or two bites. Keep these considerations in mind when planning your event:

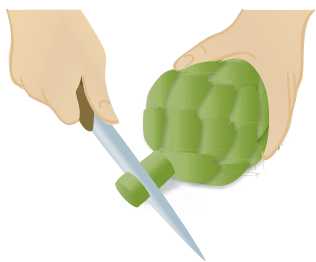
- Keep it simple!
- Clean, tight presentations. Don’t over load the plate.
- Lots of flavor; since it’s small, it needs to pack a punch. Consider acid, heat and spice.
- Combine the flavors and texture of a protein, vegetables, and sauce.

Cocktail parties at home using small bites are a blast. Just plan and prep ahead. Think of 4 or 5 mini dishes that can be cooked and plated within 5 minutes each. If you are like me, the parties always revolve around the kitchen. Make a few of one dish and hand them out. Keep turning out little but different dishes. It’s a lot of fun and it keeps your guests entertained and always wondering what’s next. In your planning, you don’t need to have enough of each item for everyone, as long as the total number of servings covers the size of your party. I figure 4 or 5 small bites per guest over a 3-hour time frame.

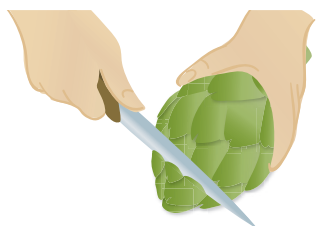
“Feel Good About What You Eat”

Chef Tony Baker

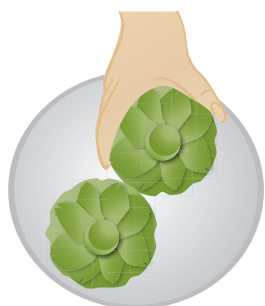
How to Prepare Artichokes for Cooking



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.



Artichoke & Roasted Red Pepper

4 cooked Ocean Mist Artichoke hearts, stems and bottoms (See “How to Prepare & Cook”).

1 leek diced

2 tablespoons butter

1 cup of roasted red peppers (from a jar) drained

3/4 cup parmesan cheese

3 tablespoons mayonnaise

In a small sauté pan over medium high heat, add butter and leeks. Cook until leeks are very tender. Set aside to let cool.

Add artichokes, peppers, cheese, mayonnaise and cooled leeks to food processor or blender. Pulse until dip is smooth and well combined.

Serve with Ocean Mist Baked Artichoke leaves. Refrigerate any left over.

“I served this as a dip/appetizer and the entire bowl was gone within an hour! Very easy to make.”

Kori, Monterey, CA



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



Artichoke Guacamole

6 cooked, large Ocean Mist Artichokes

1 lime or lemon

4 tablespoons of reduced-fat mayonnaise or fat-free sour cream

1/2 cup of your favorite salsa

garlic salt and pepper

Start with 6 cooked, large Ocean Mist Artichokes. Remove the hearts and bottoms from the artichokes and place in a medium-sized bowl.

Mash artichoke hearts and bottoms with fork until smooth or place in a food processor. Add the juice from 1 lime or lemon and garlic salt and pepper to taste. Add 4 tablespoons of reduced-fat mayonnaise or ½ cup fat-free sour cream and ½ cup of your favorite salsa.

Blend all the ingredients together and serve with artichoke leaves or your favorite whole grain snack cracker.

One serving of avocado dip has 415 calories, where one serving of artichoke guacamole has only 46 calories!





Charmoula Mayo

3 cups mayonnaise
1 cup lemon juice
1 ½ cup chopped Italian parsley
1 ½ cup chopped fresh cilantro
½ ounce peeled garlic
2 tablespoons paprika
6 teaspoons toasted and ground whole cumin seeds
1 ½ teaspoon cayenne
3 teaspoons kosher salt
¾ teaspoon ground black pepper
1 tablespoon dulce Spanish paprika

Place all dry ingredients in a bowl and fold in mayonnaise. Add lemon juice to taste and to achieve desired consistency.

3-day shelf life. This sauce is best used fresh.

“This is an amazing dipping sauce with mild spice. I reduced the recipe to 1/3 to accomodate just the two of us. I will definitely come back to this recipe and have shared it with all my friends on Facebook.”

MaryAnne, Tuscon, AZ



Artichoke Hummus

Two great flavors unite for this wonderful dip.

6 cooked Ocean Mist Artichoke hearts, stems and bottoms

1/2 cup light mayonnaise

the juice from one large lemon

2 tablespoons of olive oil

1/2 cup mild salsa

**1 can (15 ounces) garbanzo beans
(reserve liquid from beans)**

salt and pepper to taste

In food processor, combine all the ingredients and pulse until hummus is smooth, adding the liquid from the garbanzo beans to achieve desired consistency.

Once hummus is smooth, serve in cooked, halved artichokes and enjoy with artichoke leaves or whole wheat pita triangles. Refrigerate any leftovers.



Artichoke Salsa Fresca

Artichokes are a great addition to this central coast favorite! To dramatically reduce calorie intake, try serving this salsa with artichoke leaves as an alternative to tortilla chips. One medium-sized artichoke (about 30 leaves) has only 60 calories as compared to 8 ounces of tortilla chips, about 900 calories.

3 cooked, cooled, and quartered artichoke hearts, bottoms, and stems (see cooking instructions on Ocean Mist Farms Web site, www.oceanmist.com)

3 medium tomatoes, quartered

1 4-ounce can diced green chilies, drained

½ green bell pepper, seeded and quartered

3 green onions, roughly chopped

1 handful fresh cilantro

2 tablespoons lime juice

1 jalapeño pepper, seeded

2 cloves garlic, peeled

Salt and pepper to taste

In a food processor, chop bell pepper, onions, cilantro, jalapeño, and garlic. Add lime juice and tomatoes. Pulse until vegetables are finely chopped.

Add canned chilies, quartered artichoke hearts, bottoms' and stems plus salt and pepper. Pulse until well combined.

Store salsa in the refrigerator in an airtight container.

Note: This salsa is more flavorful when it rests overnight.

5 Ways to Spice Up Mayonnaise for Artichoke Petal Dipping

1 Chipotle Mayonnaise Dip

- 1 cup mayonnaise
- 2 teaspoons adobo (the sauce from canned chipotle)
- 3 teaspoons lime juice
- 1 tablespoon cilantro, washed and chopped (optional)

Combine all of the ingredients and serve.

2 BBQ Mayonnaise Dip

- 1 cup mayonnaise
- ½ cup of your favorite BBQ sauce
- 2 teaspoons lemon juice

Combine all of the ingredients and serve.

3 Honey Mustard Mayonnaise

- 1 cup mayonnaise
- 3 tablespoons whole grain mustard
- 1 tablespoon Dijon mustard
- 2 tablespoons honey

Combine all of the ingredients and serve.

4 Red Pepper Basil Dip

- 1 cup mayonnaise
- 1 red bell pepper, roasted
- 1 garlic clove, minced
- 5 large basil leaves, shredded

Roast the bell peppers on a hot grill until the skin is virtually black (the skin should peel away easily). Split the pepper in half and remove all of the seeds.

Mince the pepper to almost a paste. Combine the rest of the ingredients and serve.

5 Tomato Pesto Mayonnaise

- 1 cup mayonnaise
- 5 tablespoons sun dried tomato pesto (Ca Sun Dry brand™)

Combine all of the ingredients and serve.



From Chef Tony Baker

Artichokes have been served with mayonnaise or drawn butter for years. And really there's nothing wrong with that, bloody delicious no doubt! However too much of a good thing can get a tad boring. So I came up with some really simple ways to add a little spice to your life.

My favorite dip is the Chipotle Lime Mayonnaise. This, served with a fire roasted whole jumbo artichoke, is really a treat. For a little extra punch, chop a whole chipotle into this recipe and even a little grated lime zest to really make this puppy sing!

So many flavors can work with artichokes and mayonnaise. Simply, consider the mayo as a blank canvas.

Happy Cooking,

“Feel Good About What You Eat”

Chef Tony Baker



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