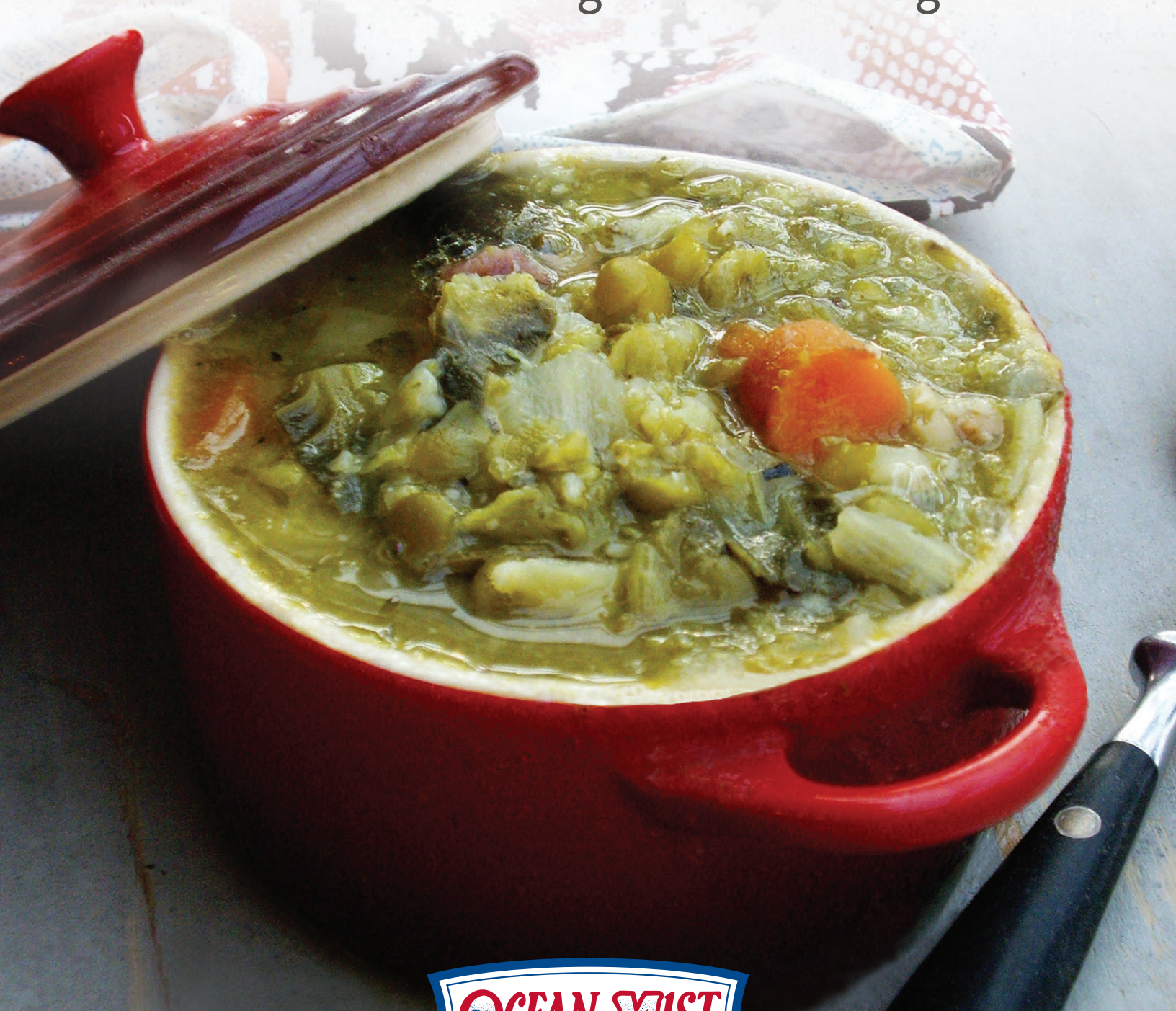
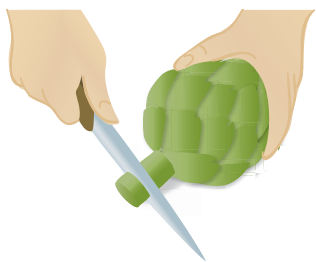


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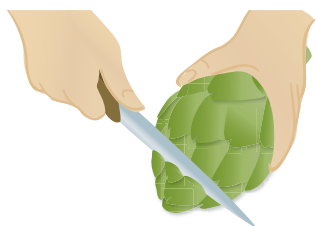
Year-Round Vegetable Cooking



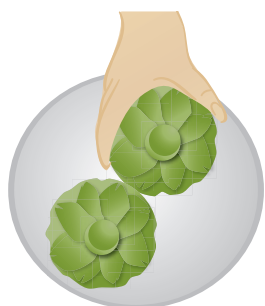
How to Prepare Artichokes for Cooking



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.



Artichoke Sourdough Bisque

This is a healthy, low fat & delicious soup that is simple to make and is ready in about 40 minutes.

4 extra large fresh Ocean Mist Artichokes

½ cup virgin olive oil

1 yellow onion, medium

1 leek

1 celery stalk

5 garlic cloves

1 1/2 slices sourdough bread, roughly chopped

4 sage leaves, fresh

1 sprig fresh thyme

6 cups chicken or vegetable stock

salt and pepper to taste

Using a sharp serrated knife, trim the raw artichoke down to the heart. Using a spoon, scrape out the fuzzy choke and discard. You can also peel the stem and use that in the soup, since the stem is an extension of the heart. When your artichokes are clear of fuzz or outside petals, roughly chop the raw heart.

Wash and roughly chop the rest of the vegetables.

Heat the oil in a large, thick-bottomed pot.

Sweat (to sauté without color) the artichokes, onion, leek, garlic, celery and thyme, until tender. Add the chicken or vegetable liquid stock. Gently simmer the soup for 20 minutes.

Add the roughly chopped sourdough bread and sage.

Simmer 3-5 minutes more.

In small batches, purée the soup until smooth using either a blender, food processor or immersion blender. Place all of the soup into a clean saucepan, reheat, and check seasoning. (Use caution when using canned or packaged broth as they can contain a lot of sodium.) Season with fresh ground black pepper.

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





Brussels Sprouts, Fennel & Split Pea Soup

2 cups rinsed split peas

8 cups chicken broth

1 cup cooked ham (diced)

1 fresh fennel bulb (diced)

4 cups chopped Brussels sprouts (raw)

1 large yellow onion (diced)

2 teaspoons salt

1 cup of celery (diced)

1 cup carrots (diced)

2 tablespoons garlic salt

2 tablespoons salt free garlic & herb seasoning

1 tablespoon herb de provence

2 tablespoons olive oil

½ teaspoon liquid smoke

In large soup pot over medium-high heat, add olive oil to pot and also add fennel, Brussels sprouts, onion, celery, carrots and seasonings. Cook vegetables until soft and tender.

Add chicken broth, split peas, liquid smoke and ham to the pot. Bring to a boil and reduce heat to a simmer and cook until split peas are soft for about 1 hour.

Serve steaming hot.



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



Artichoke Beef Stew

After tasting this you will always use artichokes in your stew!

9 Ocean Mist Baby Artichokes (cooked and halved)
(See “How to Prepare & Cook”).

3 pounds beef top round (cubed into 1 inch pieces)

1 cup flour

1 tablespoon garlic salt

1 tablespoon salt free herb and garlic seasoning

1/4 cup olive oil

hot water to cover beef

4 carrots (peeled and roughly chopped)

4 medium potatoes (peeled and cubed)

1 purple onion (roughly chopped)

2 tablespoons of herbs de provence

1/4 teaspoon black pepper

In pie plate, combine flour, garlic salt and salt-free garlic and herb seasoning.

Dredge the beef cubes in the flour mixture and set aside.

In a large Dutch oven over a medium-high flame, add olive oil and floured meat cubes and brown on all sides (about 3 minutes).

Add enough hot water to completely cover beef by one inch.

Bring meat to a simmer and add carrots, potatoes, onions and herbs de provence.

Cover Dutch oven with lid and reduce heat to low and continue to simmer meat and vegetables for one hour.

Add Baby Artichokes and pepper.





Roasted Vegetable Soup with Artichokes

Roasting is an easy way to prepare winter vegetables!

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

1 large fennel bulb (cubed)

1 bunch golden beets (cubed)

1 bunch red beets (cubed)

4 medium Yukon Gold potatoes (cubed)

4 carrots (roughly chopped)

2 medium red potatoes (cubed)

6 tablespoons olive oil

48 ounces of vegetable broth

salt and pepper to taste

2 tablespoons of salt free garlic & herb seasoning

1 tablespoon fresh thyme chopped

4 large sage leaves chopped

2 tablespoons chopped flat leaf parsley

Preheat oven to 350 degrees.

On large baking sheet, place fennel, beets, potatoes and carrots in a single layer on sheet. Drizzle vegetables with olive oil and sprinkle with garlic and herb seasoning and salt and pepper.

Roast in oven for 40 minutes or until vegetables are tender. Remove from oven and set aside to cool. When cool to the touch chop vegetables into bite size pieces.

In large soup pot over medium-high heat, add two tablespoons of olive oil and add chopped roasted vegetables and fresh herbs.

Add vegetable broth to pot and diced cooked Artichokes hearts, stems and bottoms.

Heat until soup is steamy hot.

Serve with french bread.





Artichoke & Clam Chowder

The flavor of this chowder is award winning!

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

5 slices of cooked and crumbled bacon

bacon drippings from cooked bacon

4 stalks of celery chopped

3 carrots chopped

1 yellow onion, chopped

4 large potatoes, peeled and diced

1 tablespoon garlic salt

1 tablespoon salt free garlic and herb seasoning

1 tablespoon dried herbs of provence

1 tablespoon beau monde seasoning

1 can (40 1/2 ounce) of chicken broth or 5 cups of artichoke broth (water that artichokes were cooked in)

1/2 cup butter

1/4 cup flour

2 1/2 cups of scalded half & half

4 cans (each 6.5 ounce) minced

clams in clam juice

In large Dutch oven over medium-high heat, saute in bacon drippings, celery, carrots and onion until tender. Add potatoes, seasoning and liquid.

Bring to a boil. Reduce soup to a simmer and cook until potatoes are tender. Add artichokes and continue to simmer soup while making roux.

In medium saute pan, melt butter over medium heat and whisk in flour. Continue to whisk over medium heat for 2 minutes. Add scalded half & half to flour and butter mixture and whisk until mixture is smooth and thick (like cream of wheat). Add flour and cream mixture to simmering soup and stir until thick and well combined.

Take the soup off flame and with hand held food processor puree soup to a course puree, leaving some chunks of potato and artichoke. Return back to flame and add clams along with the clam juice and stir until well combined and piping hot.

Serve in bowls with crumbled bacon as garnish.





Artichoke Tortilla Soup

4 cooked, cooled and chopped artichoke hearts, stems and bottoms (See “How to Prepare & Cook”)

1 can (49 1/2 ounce) of chicken broth

1 can (6 ounce) tomato paste

4 corn tortillas, cut into inch pieces

1 pound of frozen white corn

3 tablespoons of olive oil

2 tablespoons of chopped garlic

1/2 of a yellow onion, chopped

1 tablespoon of finely minced jalapeno pepper

2 teaspoons ground cumin

1 tablespoon of salt

black pepper to taste

1 teaspoon of chili powder

In a large Dutch oven over medium-high heat, add olive oil and fry tortilla pieces until crispy. Place crispy tortilla pieces aside for garnishment.

Add garlic, onion and jalapeno pepper and cook for 2 minutes.

Add all the other ingredients and bring to a slow boil. Reduce heat to a simmer for 5 minutes.

Remove soup from heat and in batches, puree soup in food processor or with hand held processor. Consistency should be a course puree with some corn kernels still whole. Return soup to pot and heat to a boil.

Serve soup garnished with sour cream and crispy tortilla strips.



Chunky Artichoke & Vegetable Soup

You will never make vegetable soup without artichokes ever again!

**4 cooked, cooled & cubed
Ocean Mist Artichoke
heart, bottoms and stems
(See “How to Prepare &
Cook”)**

2 tablespoons olive oil

4 carrots, chopped

4 celery stalks, chopped

1 yellow onion, chopped

**4 small white potatoes,
peeled and cubed**

1 tablespoon garlic salt

**1 tablespoon salt-free garlic
and herb seasoning**

**1 tablespoon dried herbs of
provence**

**1/4 cup chopped fresh
parsley**

**1 whole roasted chicken,
boned and cubed**

**1 can (49 1/2 ounces) of
chicken broth**

**4 cups of artichoke broth
(water that artichokes were
cooked in)**

**fresh ground pepper to
taste**

In a large soup pot, add olive oil and saute carrots, celery and onions over medium-high heat.

Once vegetables are tender, add potatoes, garlic salt, herb seasoning, herbs of provence, parsley, chicken broth and artichoke broth. Bring to a simmer and cook until potatoes are tender.

Once potatoes are tender, add chicken, artichokes and pepper to taste. Continue to heat soup until hot and serve.





Creamy Vegetable Soup

So many vegetables in this rich soup!

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

6 stalks of celery chopped

1 yellow onion chopped

1 head of cauliflower chopped

1 bunch of cooked asparagus chopped

1 tablespoon garlic salt

1 tablespoon salt free garlic & herb seasoning

pepper to taste

1 tablespoon of herbs of provence (dried)

8 cups of artichoke broth (water that you cook the artichokes in)

1 cup of heavy cream

olive oil flavored cooking spray

sour cream (optional garnish)

fresh celery leaves (optional garnish)

Spray one large soup pot with olive oil flavored cooking spray. Place pot over medium high heat and sauté celery, onion, and cauliflower until tender.

Add asparagus, artichokes and seasoning and stir until well combined in pot. Add artichoke broth and bring soup to a boil.

Remove soup from heat and with hand held blender, puree soup until smooth.

Return soup to medium heat and add cream. Stir until well combined.

Garnish with dollop of sour cream and fresh celery leaves.





Creamy Crock Pot Baby Artichoke Soup

A perfect soup for spring!

20 Ocean Mist Baby Artichokes
(top and bottom trimmed and leaves
peeled to the pale yellow green
tender leaves remain)

1 large yellow onion chopped

4 stalks celery chopped

1/2 cup parsley chopped

3 cloves of garlic chopped

1 tablespoon herb de provence

1 teaspoon sea salt

3 cups water

1/2 cup white wine

**1 can (10 3/4 ounce) of cream of
celery soup**

**1 can (10 3/4 ounce) of cream of
chicken soup**

Place all the ingredients in a 6 quart crock pot. Set crock pot on low setting and cook for 7 to 8 hours.

Turn crock pot off and with hand held blender, blend the soup until artichokes are well blended into soup.

Serve in bowls with a dollop of sour cream.





Fava Bean Corn Chowder

Italy meets the mid-west.

1 large yellow onion, diced

1 medium red bell pepper, diced

3 tablespoons chopped parsley

4 medium potatoes, peeled and cubed

1 (49 ounce) can of vegetable or chicken broth

2 cups frozen petite sweet corn

2 cups cooked and shelled fava beans

2 tablespoons butter

1/4 cup all purpose flour

1 1/2 cups of scalded milk (warmed up to the boiling point, but not boiling)

2 tablespoons of garlic salt

2 tablespoons dried herbs de provence (rosemary, marjoram, thyme, sage, tarragon and lavender)

2 tablespoons olive oil

In large soup pot (over medium high heat), saute onion, bell pepper and parsley in olive oil until vegetables are tender.

Add potatoes, broth and 2 cups of water to cooked vegetables; bring to boil and then reduce heat to a simmer. Cook until potatoes are tender (about 20 minutes).

To make Roux:

In medium saute pan, melt butter and add flour; cook over medium heat, stirring constantly until flour mixture is thick (about 1 minute).

Add scalded milk to flour mixture and whisk over medium heat until roux is very thick (like thin pudding).

Over medium heat, add roux to soup pot and whisk into soup until well blended and soup thickens to chowder consistency; stir in corn and cooked fava beans and heat to piping hot.

Serve in bowls and garnish with sour cream.



I Can't Believe It's Not Rice Soup

Cauliflower takes the place of rice in this healthy chicken soup.

4 stalks of celery, chopped

1 head of cauliflower (pulsed raw in food processor to resemble grains rice)

1/2 yellow onion, chopped

1/2 cup of chopped parsley

2 chicken breasts, cooked and diced

1 teaspoon beau monde seasoning

1 teaspoon provence herbs

1 tablespoon garlic salt

4 cans (14 ounces) chicken broth

In large soup pot, over medium-high heat, spray pot with cooking spray. Add to pot: celery, onion, and parsley; cook until vegetables are tender.

Add cauliflower to pot and continue to cook until cauliflower is tender (add more cooking spray if needed). Add to vegetables: beau monde seasoning, garlic salt and provence herbs. Add diced chicken and chicken broth.

Stir and heat soup until piping hot.

Alternate Ways to Cook an Artichoke



Easy Baked

Preheat oven to 450 degrees.

Spread artichoke petals open to season. Between the petals, squeeze lemon juice, drizzle olive oil, vinegar, broth, and stuff garlic. Sprinkle top of artichoke with ½ teaspoon sea salt.

Tightly double wrap and seal each artichoke with heavy-duty foil.

Place foil wrapped artichoke in pre-heated oven and bake for one hour.

Remove from oven and let cool before unwrapping the artichoke.

Enjoy “as is” or by scooping out the fuzzy choke center to use the baked artichoke as an edible bowl filled with your favorite chili, sauces or even healthy dips!

Microwave Method

This is for two whole artichokes. If you cook more – just increase the amount of liquid.

Trim and clean artichokes; rub cut edges with lemon.

Cut artichokes in half; sprinkle cut side with salt and place cut side down in a microwave safe dish.

Pour 1/3 cup each of white wine and olive oil over chokes. Squeeze juice of 1 lemon over the chokes; cut lemon into wedges and tuck between artichokes.

Cover with saran wrap and microwave 20 minutes.

Drain artichokes before serving; use cooking liquid for dipping sauce (mix in a little mayonnaise, or just add salt).

Easy Grilled

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 using tongs to turn the artichoke halves over until they have char marks on both sides.

Remove the artichokes from the grill and place on a serving platter.

To make artichokes easier to eat, remove center fuzz before serving.

Serve as is with the healthy grilled flavor or along with your favorite dipping sauce.

