

# HOW TO COOK BABY ARTICHOKES

## HOW TO PREPARE BABY ARTICHOKES



### WASH

Baby Artichokes under cold water. Cut off 1 inch from the tops and peel or remove the dark green stem.



### REMOVE

Outer petals until you reach the inner pale, yellow-green petals. Soak in lemon or vinegar water to prevent browning until ready to cook.



### IF DESIRED

Half or quarter each baby artichoke for faster cooking time.

## STEAMED

Serves: 9-12 | Prep Time: 15 minutes | Cook Time: 20 minutes

### INGREDIENTS

9-12 Ocean Mist Farms Baby Artichokes, rinsed and trimmed



### PLACE

9-12 prepared whole Baby Artichokes in steam basket.



### FILL

Pot with water up to the bottom of the fitted steam basket. Cover with lid and bring to a boil.



### STEAM

Baby Artichokes on medium heat for 20 minutes, or until tender.



### ENJOY

Baby Artichokes whole or in other favorite recipes.

## MICROWAVED

Serves: 9-12 | Prep Time: 15 minutes | Cook Time: 10 minutes

### INGREDIENTS

9-12 Ocean Mist Farms Baby Artichokes, rinsed and trimmed  
Salt and pepper, to taste  
Additional seasonings of choice



### PLACE

9-12 prepared whole Baby Artichokes in microwavable bowl with 2/3 cup water.



### ADD

Any desired seasoning, wine or broth for additional flavor. Cover bowl.



### MICROWAVE

On high for 10 minutes, or until Baby Artichokes are tender. Enjoy whole or use in your favorite recipes.

## GRILLED

Serves: 9-12 | Prep Time: 15 minutes | Cook Time: 30 minutes

### INGREDIENTS

9-12 Ocean Mist Farms Baby Artichokes, rinsed and trimmed  
Olive oil, for brushing  
Salt and pepper, to taste



### STEAM

Or microwave Baby Artichokes. Let cool and pat dry.



### HEAT

An oiled grill or grill pan over medium heat. Add Baby Artichokes and let sear for 3-4 minutes per side until charred.

## BAKED

Serves: 9-12 | Prep Time: 15 minutes | Cook Time: 20 minutes

### INGREDIENTS

9-12 Ocean Mist Farms Baby Artichokes, rinsed and trimmed  
1 lemon, halved  
4 cloves garlic, slivered  
2 Tbsp. olive oil  
Sea salt to taste  
Additional herbs of choice



### PREHEAT

Oven to 425° F.



### CUT

9-12 prepared Baby Artichokes into halves. Place halved Baby Artichokes on a foil-lined baking sheet.



### TOSS

With olive oil, lemon juice, and other desired seasonings. Spread out on pan.



### BAKE

For 20 minutes, or until Baby Artichokes are tender. Remove from oven and enjoy!

## BRAISED

Serves: 12-16 | Prep Time: 15 minutes | Cook Time: 20 minutes

### INGREDIENTS

12-16 Ocean Mist Farms Baby Artichokes, rinsed and trimmed  
2 Tbsp. olive oil  
2 cups chicken stock  
Salt and pepper, to taste



### CUT

12-16 prepared Baby Artichokes into quarters.



### HEAT

Skillet over medium heat with olive oil. Add quartered Baby Artichokes and 5 cloves smashed garlic. Cook 4-5 minutes, stirring occasionally.



### ADD

2 cups chicken stock and bring to a simmer. Cover and cook until Baby Artichokes are tender, approximately 10-15 minutes. Remove from heat and enjoy!