

Annie's Organic Buying Club

making organics affordable for everyone!



If artichokes are new to you, check out this site for step by step guide on enjoying this delicious vegetable:
http://simplyrecipes.com/recipes/how_to_cook_and_eat_an_artichoke/

Simply Delicious Artichokes by Emeril Lagasse

- 4 artichokes
- 1/4 cup plus 1 teaspoon salt
- 1 lemon, halved, plus 2 tablespoons lemon juice
- 12 tablespoons (1 1/2 sticks) unsalted butter

In a large pot, bring 3 quarts of water and 1/4 cup of the salt to a boil.

Place the artichokes on a cutting board. With a sharp chef's knife, trim the stem ends off until the bottom is flat. This way, the artichokes can sit upright. Cut the top third from each artichoke and discard.

With kitchen scissors, cut the pointed tip from each of the remaining outer leaves. Discard.

Rub the cut areas with the lemon halves. Squeeze any remaining juice from the lemon halves and add the juice to the boiling water along with the juiced lemon halves themselves.

Using a slotted spoon or skimmer, carefully add the artichokes to the boiling water. Top with a heavy pot lid or heat-proof baking dish that will fit inside the pot, so that the weight will keep the artichokes submerged in the water. This is a bit tricky. Be sure to have an adult help with this.

Lower the heat and cook at a slow boil until the artichokes are tender, about 20 to 30 minutes. With oven mitts or pot holders, carefully remove the lid or weighted dish from the top of the artichokes.

With a slotted spoon or skimmer, and with a small bowl or dish held underneath to catch the hot water, carefully transfer the artichokes to a colander set in a sink. With tongs, turn each artichoke upside down and place in the colander. Let drain, inverted, until cool enough to handle.

To make the lemon-butter sauce, melt the butter over medium heat in a small saucepan. Add the remaining 2 tablespoons of lemon juice and the remaining teaspoon of salt, and stir to combine.

Remove the lemon-butter sauce from the heat and transfer to small dipping bowls to serve with the artichokes. Serve the artichokes either warm or cold.

Stuffed Artichokes by Emeril Lagassee

- 3 artichokes
- 1 lemon, thinly sliced
- 1 teaspoons crab boil
- 1 bay leaves
- 1 tablespoons butter
- 1/4 cup finely diced onion
- 1/2 teaspoon chopped garlic
- 1/2 teaspoon chopped oregano leaves
- 3/4 cups Italian style bread crumbs
- 1/2 teaspoon lemon zest
- 1/4 cup grated Parmesan, plus more for garnish
- 1/8 cup olive oil plus 1 tablespoons, divided
- Salt and pepper

Bring a large pot of salted water to a boil. Preheat the oven to 400 degrees F.

Cut the stems from the artichokes to leave a neat, flat base. Lay each artichoke on its side, and cut away the upper third with a sharp knife. With kitchen shears, remove the prickly leaf tips from each remaining leaf. Rub the cut sides and bottom with a lemon slice, squeezing lemon juice onto the cut areas and set aside.

Place the prepared artichokes, lemon slices, crab boil and bay leaves in the boiling water and simmer, partially covered, until the bottom is tender and can be pierced with a sharp knife and an outer leaf pulls out easily, about 25 minutes.

Heat the butter in a small skillet over medium heat. Add the onions and cook until softened, about 4 minutes.

To the onion pan, add the garlic and oregano and continue to cook for 30 seconds.

Remove from the heat and stir in the bread crumbs, lemon zest, Parmesan, and 1/4 cup of the olive oil. Mix well and adjust seasonings with salt and freshly ground black pepper.

Drain the artichokes upside down in a colander.

When the artichokes are cool enough to handle, press the leaves gently back so that the artichoke opens to reveal the inner choke and prickly leaves. Pull out the cone of undeveloped white leaves and gently scrape out the choke with a spoon so as not to damage the heart. Gently pull the leaves outward from the center until the leaves open slightly.

Fill the artichoke cavities with bread stuffing, and pack a little bit into the space between the leaves. Place the artichokes in an earthenware baking dish and drizzle the tops with the remaining 2 tablespoons of olive oil.

Pour 1/2 cup of water into the bottom of the dish and place in oven.

Bake until the artichokes are golden brown and the bread crumbs develop a nice crust, about 10 to 15 minutes.

Transfer to a serving plate, drizzle with some olive oil and sprinkle some grated Parmesan. Serve with additional lemon wedges.

Artichokes are absolutely delicious and fun to eat, even for kids, since they are finger food. For a video on how to trim and prepare them for cooking, see:

http://www.oceanmist.com/html/press/video/prepare_artichokes_video.aspx

For pictures and tips on How to Cook and Eat an Artichoke, see Simply Recipes:

http://simplyrecipes.com/recipes/how_to_cook_and_eat_an_artichoke/

And for simple and delicious presentation, try ROASTED Artichokes:

<http://www.youtube.com/watch?v=8IHOMydrCQ>

Otherwise just boil until tender or try one of the recipes below. Enjoy!

Simply Delicious Artichokes to do with Kids by Emeril Lagasse

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- 12 tablespoons (1 1/2 sticks) unsalted butter

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To make the lemon-butter sauce, melt the butter over medium heat in a small saucepan. Add the remaining 2 tablespoons of lemon juice and the remaining teaspoon of salt, and stir to combine. Remove the lemon-butter sauce from the heat and transfer to small dipping bowls to serve with the artichokes. Serve the artichokes either warm or cold.

COUSCOUS-STUFFED ARTICHOKEs *Courtesy California Artichoke Advisory Board*



- 4 large California artichokes
- 1½ cups chicken broth
- 1 teaspoon curry powder
- ¾ teaspoon ground cumin
- ½ teaspoon garlic salt
- 1 cup instant couscous
- ¼ cup currants
- ½ cup sliced green onion
- ½ cup toasted slivered almonds, chopped
- ½ teaspoon grated lemon peel
- 2 tablespoons lemon juice
- 2 tablespoons vegetable oil
- Plain lowfat yogurt, optional

Wash artichokes. Cut off stems at base and remove small bottom leaves. Stand artichokes upright in deep saucepan large enough to hold snugly. Add 1 teaspoon salt and 2 to 3 inches boiling water. Cover and boil gently 35 to 45 minutes, or until base can be pierced easily with fork. (Add a little more boiling water, if needed.) Turn artichokes upside down to drain. Carefully remove center petals and fuzzy centers with a spoon and discard. Keep warm or chill as desired.

In medium saucepan combine chicken broth, curry powder, cumin and garlic salt; bring to a boil. Remove from heat; stir in couscous and currants. Cover and let stand 5 minutes. Fluff couscous with a fork. Stir in green onion and almonds. Combine lemon peel, lemon juice and vegetable oil; stir into couscous.

Gently spread artichoke leaves until center cone of leaves is revealed. Pull out center cone. With a spoon, scrape out any purple-tipped leaves and fuzz. Fill centers of artichokes with couscous mixture. Serve with plain yogurt if desired. *COOK'S TIP:* Fresh cooked and chilled artichokes are easy to keep on hand for quick meals. Refrigerated in a covered container, they will keep up to a week.