

MARKET REPORT

How to Prepare an Artichoke

1

If the artichokes have little thorns on the end of the leaves, take a kitchen scissors and cut off the thorned tips of all of the leaves.

This step is mostly for aesthetics as the thorns soften with cooking and pose no threat to the person eating the artichoke.



2

Slice about 3/4 inch to an inch off the tip of the artichoke.

Pull off any smaller leaves towards the base and on the stem.

Cut excess stem, leaving up to an inch on the artichoke. The stems tend to be more bitter than the rest of the artichoke, but some people like to eat them. Alternatively you can cut off the stems and peel the outside layers which is more fibrous and bitter and cook the stems along with the artichokes and rinse in running cold water.



3

In a large pot, put a couple inches of water, a clove of garlic, a slice of lemon, and a bay leaf (this adds wonderful flavor to the artichokes). Insert a steaming basket. Add the artichokes. Cover. Bring to a boil and reduce heat to simmer. Cook for 25 to 45 minutes or until the outer leaves can easily be pulled off. Note: artichokes can also be cooked in a pressure cooker (about 15-20 minutes cooking time). Cooking time depends on how large the artichoke is, the larger, the longer it takes to cook.

