

# Roasted Baby Artichokes

Adapted from Vegetarian Cooking for Everyone by Deborah Madison

For the vinaigrette:

- ¼ cup lemon juice
- ½ cup olive oil
- 1 clove minced garlic
- 1 tsp prepared brown mustard
- salt and pepper to taste

Pre-heat the oven to 375 degrees.

Prepare a bowl with dilute lemon or vinegar water to prevent prepped artichokes from turning brown. Starting with 6-12 baby artichokes (less than 3 inches in diameter,) peel away the outer petals revealing tender inner yellow petals. Trim away the tough ends from the top of the artichokes and cut the stem to within 1 inch of the base. Slice in half and immediately submerge in lemon water until ready to roast.

When the oven is ready, remove artichokes from lemon solution, and brush with olive oil. Wrap artichokes in foil, or place in a small roasting dish with a fitted lid to seal in the moisture. Roast for 5-10 minutes until tender. Remove from oven and toss with the vinaigrette. Allow this to sit for an hour or more and the flavors will mingle.



# Artichokes: Simply Steamed

For fresh picked full size globes, greater than 3 inches in diameter, cut the stem close to the base of the globe and trim the pointy tips about 1 inch from the non-stem end. Soak artichokes in salty water to help remove any garden insects hiding inside.

Steam whole artichokes in 2-3 inches of water in a pot with a tight fitting lid. Use a steaming rack if available. Depending on size of the artichokes, this will take between 35-55 minutes. Add more water to the steaming pot as needed. Test for doneness by peeling off an outer petal, let it cool and sample it for tenderness. Using a pressure cooker will speed the process to about 15-25 minutes.

Serve whole artichokes as a first course, with a dipping sauce such as melted butter with lemon or garlic, mayonnaise, or any favorite salad dressing. Or go naked, and enjoy the sweet nutty flavor of the artichoke on its own.