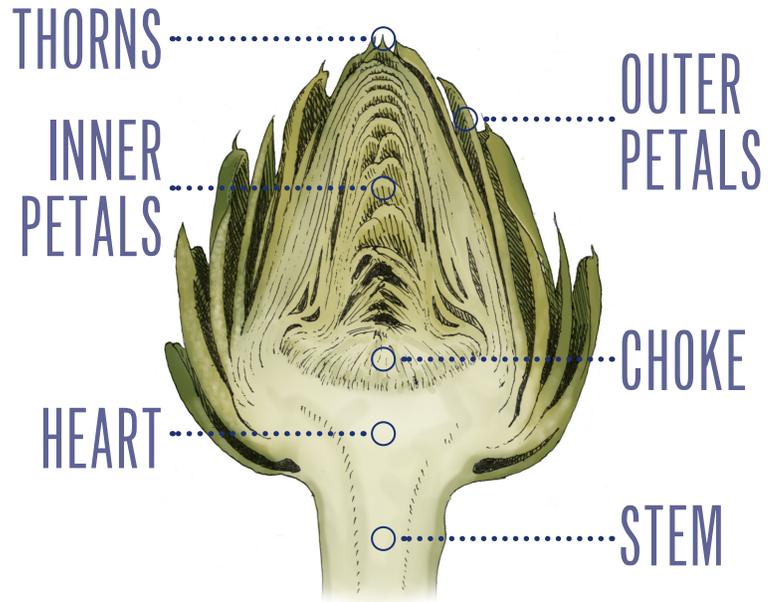


# ARTICHOKE

The artichoke is one of the treasures of spring! It is part of the thistle family, and the part that we eat is actually the flower bud. If allowed to bloom, it is inedible, but produces striking lavender flowers. Nutritionally, artichokes are high in fiber and antioxidants. These recipes give you step-by-step instructions to help you simply prepare the petals and how to use almost every part of the artichoke.



## STRAIGHT TO THE HEART IN 5 STEPS

**1** Make acidulated water by cutting a lemon in half and squeezing the juice into a bowl of water. Immersing them in acidulated water keeps artichokes from turning brown. Keep the lemon halves to use later.

**2** Remove all the outer petals with your fingers until you reach the soft pale green and yellow petals. Trim about a half inch to an inch off the stem end. Rub the ends with the lemon half.

**3** Use your paring knife to trim off the green outer skin around the base of the artichoke, including the stem, which tastes just like the heart when peeled. Rub the outside with the lemon if it's starting to brown.

**4** Cut off the top inch or so of the artichoke, removing the pointed end.

**5** Cut the artichoke in half and then scoop out the choke with a melon baller or spoon (the "choke" is that bundle of silky white and purple petals and the bed of hairy-looking fibers right beneath it). Then cut the hearts into quarters and add them to the bowl of water until ready to use.

# ARTICHOKE SOUP *WITH* ROASTED GARLIC

2 whole garlic heads  
4 medium artichokes (about 3 ½ pounds)  
1 large stalk of spring garlic, cut into 4 pieces  
1 c. dry white wine  
4 c. organic *Field Day* vegetable broth, or 4 c. steaming liquid from artichokes  
2 T. butter  
1 ½ t. sea salt  
Chopped fresh parsley (optional)

**1** Preheat oven to 400°.

**2** Roast the garlic heads: remove white papery skin from the outside (do not peel or separate the cloves). Cut tip off top (about a quarter in size) leaving root intact. Drizzle with olive oil. Wrap in foil. Bake at 400° for 45 minutes; cool 10 minutes. Separate cloves from one head, squeezing to extract garlic pulp. Compost skins.

**3** Remove outer tough petals from artichokes (they'll snap if artichoke is fresh). Peel outside fibrous layer of stems. Trim stem end. Cut off stems of artichokes flat to the base and set aside. Using a chef's knife, trim about ½ inch from tops of artichokes. Using scissors, remove tips of all exposed thorny tips and compost. Place artichokes, stem ends down, in a large Dutch oven filled two-thirds with water; bring to a boil. Cut stems into coins. Sprinkle over top of artichokes. Sprinkle spring garlic on top. Cover, reduce heat, and simmer 45 minutes or until a petal near the center of each artichoke pulls out easily. Remove artichokes from pan. Allow to cool. Reserve cooking liquid with spring garlic and stems.

**4** Remove petals one by one to a nice platter arranging like a flower moving outside in. When reaching the tender center, pinch the bundle delicately and add to reserved cooking liquid. Using a spoon, remove and compost the choke, taking care not to take too much heart.

**5** Add hearts to stem coins, tender petals, and reserved cooking liquid.

**6** Combine garlic pulp and wine in a small saucepan and bring to a boil for 4 minutes. Add hearts, stem coins and soft inner petals and steaming liquid or broth; cook until reduced to 4 cups (about 15 minutes).

**7** Strain soup into a strainer, adding solids and 1 cup of broth into a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth and in a steady stream add enough of the remaining broth for your desired consistency. Stir in butter and salt.

**8** Drizzle petal platter with high quality extra virgin olive oil and Katz Late Harvest Viognier Honey Vinegar or Lemon Juice and a sprinkle of sea salt. Garnish with chopped parsley.

**9** Serve second head of roasted garlic with crusty bread to mop up juices from petal platter.

**10** Drink the rest of the bottle of wine!  
*Suggestion: Gruner Veltliner, Dancing Coyote.*

## JUST THE PETALS, PLEASE...

Use steps 3 and 4 of the soup recipe above to prepare the petals for a lovely spring appetizer. Serve drizzled with olive oil and vinegar or lemon juice as suggested above or with any of the dips below.

### **Vegan Lemon Garlic Dip**

In a blender or food processor, blend 1 cup of soaked cashews, zest and juice of 1 lemon, 2 cloves of garlic and ½ cup of water for 2 minutes or until creamy. Season with salt and pepper.

### **Lemon-Thyme butter**

In a small bowl, stir 1 stick of melted butter, 2 teaspoons of chopped fresh thyme and one tablespoon of lemon juice. Season with salt and pepper.

### **Garlic Mayonnaise**

In a small bowl, stir ¾ cup Sir Kensington mayonnaise with 1 garlic clove, put through a press. Season with salt and pepper.