



Sparkle Kitchen

Steamed Artichokes

Ingredients

1-2 artichokes per person

1 lemon

Mayonnaise or melted butter for dipping

Directions

Find a bowl or pot large enough to hold all of your artichokes, and fill it about halfway with cold water. Squeeze the juice of the lemon into the water and discard the rind.

Cut off the lower stem of one artichoke, and then cut about an inch off of the top. Use sharp kitchen shears to snip off the prickly tops of the rest of the lower leaves, then toss the artichoke in your prepared water. Repeat this process with the remaining artichokes.

Next, fit a large pot with a steamer basket. Place the artichokes in the basket, and pour over just enough of the lemon water that it comes up to the bottom of the artichokes. Put the pot on medium heat, cover with a lid, and bring the water to a boil.

The cooking time will depend on the size of your artichokes, but 30 minutes is a good baseline. The artichokes are done when you can easily pull a leaf from near the center.

To eat a steamed artichoke, pull off an outside leaf, dip the bottom edge in melted butter or mayonnaise, then scrape it between your teeth. Continue to work at the artichoke this way until you get to the fuzzy center. Use a spoon to remove all of the fuzz — trust me, you don't want to eat even a single thread of that — then enjoy the meaty heart underneath.