

Steamed Artichokes

Ingredients

- 4 large artichokes
- 2 lemons
- fresh herb sprigs such as tarragon, mint, parsley and/or thyme
- 4 peeled and sliced garlic cloves

Method

1. Cut off the top quarter of the artichokes with a stainless steel knife. Snap off and discard any battered outer leaves. Using scissors, trim the remaining barbed leaf-ends of the artichokes. Cut the stem flush with the artichoke bodies. Rub the cut surfaces with a lemon half.
 2. Arrange a large pot and steamer basket large enough to hold the artichokes. Slice the remaining lemons and use it to line the steamer. Arrange the herb sprigs and garlic over the lemon. Put the artichokes stem-end up in the steamer. Add enough water to come to the bottom of the steamer. Cover and steam over medium-high heat, adding more water if necessary, until outer leaves can be easily removed and the base can be readily pierced with a knife, 40-60 minutes, depending on the size of the artichokes. Serve warm or chilled.
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Source: <https://www.foodnetwork.com/recipes/food-network-kitchen/steamed-artichoke-recipe-1928147> (Servings: --)
