

COOKING AT HOME

Artichokes on the Grill!

July 22, 2020 | CHEF VEE, COOKING SCHOOL HEAD CHEF



Ever go to the market and see beautiful fresh artichokes? Ever wonder how to cook them or even eat them? They can seem a bit intimidating, but no more! I'm showing you a very easy way to prepare and most importantly a very tasty way of eating them! Let's get cooking...

Serves: 4 Total Time: 30 minutes

- 4 small artichokes
- 1 cup water
- 1 lemon
- 1/2 stick unsalted butter 4oz
- 1 tsp garlic minced
- 1 tbsp Fresh chopped oregano
- 3 tbsp grated Parmesan cheese
- 1 tbsp olive oil
- Salt and black pepper to taste
- 1/2 cup of chopped pine nuts for garnish – optional
- Lemon wedges for garnish – optional

Trim your artichokes by slicing off the bottom “nub” and slicing each in half. Set a large pot of water to boil on medium high heat. Add the juice of 1 lemon to the water, along with the peel and big pinch of salt. The acid from the lemon will keep the artichokes from browning. Don’t forget the lemon!

Once boiling, carefully drop in the artichokes. Bring heat down to medium low and simmer for 20 minutes. Let the artichokes cook while you make the butter dip. Melt the butter in a small pan and add the garlic, oregano and cheese and set aside. Once artichokes are done, strain well. Brush with olive oil and sprinkle salt and pepper. Set Grill, once hot place face down for about 2-3 minutes or until the inside starts to get charred. Watch them as they burn fast. Turn the artichokes over and repeat on the other side. Once the artichokes are ready, place them on your serving dish and spoon the melted butter mixture over each artichoke. Serve at once with extra Parmesan and crushed pine nuts if desired. These are fantastic by themselves or you pair your artichokes with a simple garlic and oil pasta. To do so, follow instructions on pasta package. In a skillet add olive oil to coat bottom of pan, add in a few cloves of crushed garlic, salt and pepper. Once pasta done toss into pan. Toss well to coat noodles. Top with artichokes and you have a full meal! Serve hot and enjoy!