

From the book “Man Can Cook” for “The Saturday Herd”

By Robert Sturm

Garlic Grilled Artichokes

Ingredients:

1 QT. Water
½ Cup Pickling Spice
½ Cup Vinegar
1 TB. Sea Salt
1 tsp. Crushed Red Chili Flakes
2 each Artichokes
2 oz. Garlic Pesto Butter



Directions

Place water, pickling spice, vinegar, sea salt and chili flakes in a pot. Bring to a boil. Simmer 30 minutes. This is called a court bouillon. Bring bouillon back to a boil. Trim the tops and ends of leaves from the artichokes, cut in half. Place immediately in boiling water. Cook 10 minutes. Turn artichokes every couple of minutes or so to cook thoroughly. Drain and cool to room temperature. Remove the fuzzy choke center. Brush the artichokes with a coating of the garlic pesto butter, and place them on the preheated grill. Grill the artichokes for 5 to 10 minutes, basting with butter and turning frequently, until the tips are a little charred. Serve immediately with lemon garlic dip.