

# Artichokes

Congratulations! ...

... And prepare yourself for a unique culinary experience. You have just received some of the finest, freshest and most sought after artichokes in the world.

As with all MISTER SPEAR produce, these artichokes have been carefully hand selected, hydro-cooled and custom packaged to arrive in farm fresh condition.

Jumbo artichokes can be enjoyed steamed, hot or cold, with your choice of dip, or are perfect when stuffed with your favorite seafood, salad or pasta.

Follow these helpful preparation and handling suggestions for maximum enjoyment. These recipes are some of our favorites but feel free to experiment as this versatile vegetable will bring out the creativity in any chef.

Bon Appétit!



## Joe Carcione's Stuffed Artichokes

2-3 MISTER SPEAR jumbo artichokes

olive oil

Filling:

1 ½ cups breadcrumbs

½ cup Romano or Parmesan cheese, grated

olive oil

3 Tbsp. parsley, chopped

1 clove garlic, minced

salt and pepper to taste

Mix the filling all together, using a little of the olive oil to moisten the breadcrumbs. Set aside.

Remove small leaves at bottom of artichokes. Cut off stems and clip each leaf with scissors.

Stuff filling between leaves of artichokes, working from the outside to the center until leaves are too tightly together to be filled.

In a heavy pot with about ½-inch of water in bottom, place artichokes so they touch. Pour a little olive oil over each artichoke to hold stuffing firm and moist. Bring water to boil, then reduce to simmer and put cover on pot. Simmer about 1 hour or until leaves are easy to pull away from artichokes.

## Chicken Stuffed Artichokes

3 MISTER SPEAR Jumbo Artichokes

¾ cup butter

1 tsp. salt

¼ cup flour

2 green onions, chopped

1 cup half and half (or light cream)

1 cup cooked chicken, chopped

1 tsp. curry powder

½ cup mushrooms, chopped

¼ cup breadcrumbs

2 Tbsp. dry white wine

¼ cup blanched almonds

Cut artichokes in half crosswise. Discard top half. Trim about ½-inch off tip of each leaf. Cut stem off at base. Pour water 2 to 3 inches deep in a 4 to 5 quart pot. Add 1 tsp. salt. Bring water to boil. Carefully add artichoke halves, one at a time. Cover and simmer 20 minutes or until tender. Remove artichokes. Drain, upside down on paper towels.

Preheat oven to 350 degrees. With a spoon, scoop out chokes. In a medium saucepan melt butter. Add onions and sauté 2 to 3 minutes. Pour in half and half. Cook, stirring constantly, until thickened. Stir in chicken, mushrooms, and white wine. Spoon into drained artichoke halves. In a small bowl combine breadcrumbs and blanched almonds. Sprinkle over stuffed artichokes. Bake 20 to 30 minutes or until tops are golden. Serve hot.

## Nutritional Value

The artichoke is a significant source of vitamin C, folic acid and magnesium. It is also low in sodium content. And, an artichoke is virtually fat-free.

### Nutrient Values

Serving Size: 1 Medium Artichoke (12 oz.)

Calories	25
Protein	3 g
Carbohydrates	6 g
Fat	0 g
Sodium	75 mg
Potassium	185 mg
	% of USRDA
Protein	4
Vitamin A	*
Vitamin C	10
Thiamin	2
Riboflavin	2
Niacin	4
Calcium	2
Iron	4
Vitamin E	2
Vitamin B6	4
Folic Acid	10
Phosphorus	6
Magnesium	10
Zinc	2
Copper	2
Pantothenic Acid	2
Dietary Fiber	4 g

\*Less than 2% of the USRDA

# Preparation

To prepare a whole MISTER SPEAR Artichoke for cooking:

Trim stem so artichoke stands upright. Use kitchen shears to remove thorns from outer leaves. Cut 1/4 to 1/3 off the top of the artichoke.

Although MISTER SPEAR Artichokes are jumbo in size, their delicate hearts and surrounding petals easily adapt to many cooking methods.

To prepare a MISTER SPEAR Artichoke for stir-frying, sautéing, french frying or when adding to casseroles:

Bend back outer petals of artichokes until they snap off easily near base. Edible portion of petals should remain on artichoke hearts. Continue to snap off and discard petals (or reserve and cook to serve as an appetizer) until central core of pale green petals is reached. Trim outer dark green layer from artichoke.

(Fig. 1) Cut off stems and top 2 inches of artichokes; discard. Trim outer dark green layer from artichoke bottoms. Cut artichokes in half lengthwise.

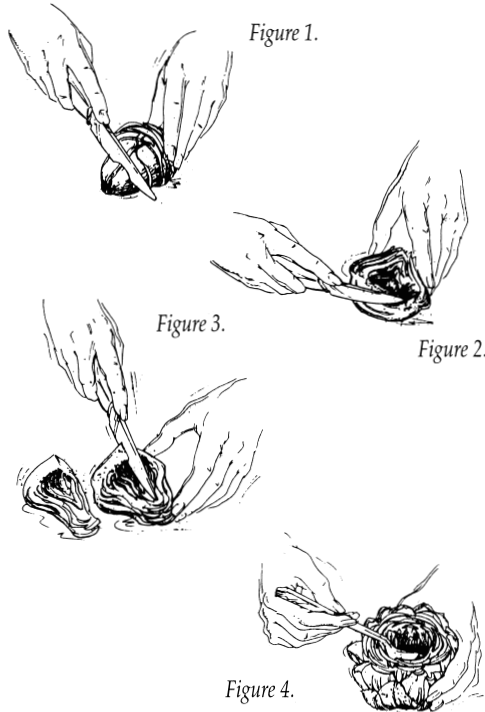
(Fig. 2) Cut off center petals and fuzzy centers.

(Fig. 3) Vertically slice each artichoke half to desired thickness. Dip or rub all surfaces with lemon juice.

To prepare a whole MISTER SPEAR Artichoke for stuffing:

(Fig. 4) Carefully scrape out fuzzy center portion of cooked artichoke with a small spoon and discard. Fill with a favorite salad or hot mixture.

water.) Cover and boil gently for 35 to 50 minutes or until petals near center pull out easily. Stand artichoke upside down to drain.



**Steam:** If using the Vertichoke Gourmet Kit (MISTER SPEAR Item #971) follow instructions provided with the kit. If you do not have the Vertichoke Steam Racks, simply place the prepared artichoke(s) on any rack above boiling water. Cover and steam jumbo artichokes for 35 to 50 minutes or until petals near center pull out easily.

**Microwave:** Place prepared MISTER SPEAR jumbo artichoke(s) in deep microwave-safe bowl. See chart below and add water; cover and microcook at high (100%) for time indicated. Give bowl a quarter-turn halfway through cooking time. Let stand 5 minutes. When done, petals near center will pull out easily.

No. of Artichokes	Water	Minutes (600-800 watt oven)
1	1/3 cup	6-8
2	1/2 cup	9-12
4	2/3 cup	15-20

## Eating Tips

MISTER SPEAR artichokes may be served hot or cold. To eat, pull off outer petals one at a time. Dip base of petal into sauce or melted butter; pull through teeth to remove soft, pulpy portion of petal. Discard remaining petal. Continue until all petals have been removed. Spoon out fuzzy center at base; discard. The bottom, or heart, of the artichoke is entirely edible. Cut into small pieces and dip into sauce.

## Storage

Sprinkle fresh MISTER SPEAR artichokes with water, package in an airtight plastic bag and refrigerate. Cooked artichokes should be cooled completely, covered and refrigerated. Cooked or raw artichokes will keep up to 10 days in the refrigerator.

## Cooking

**Boil:** Stand prepared MISTER SPEAR artichokes in deep saucepan or pot with 3 inches boiling water. (If desired, oil, lemon juice and seasonings can be added to cooking

## Artichoke Vinaigrette

4 MISTER SPEAR jumbo artichokes

6 Tbsp. onion, chopped

6 Tbsp. dry vermouth

6 Tbsp. olive oil

salt and pepper to taste

1 cup dry wine

1/4 cup olive oil

2 cloves garlic, pressed

Cook artichokes, trimmed, in boiling water for 5 minutes. Drain. Place artichokes in a roaster or other large pan so they stand upright.

Combine chopped onion, dry vermouth, olive oil, and salt and pepper to taste. Separate leaves of artichokes and fill with vermouth mixture.

Combine wine, olive oil, and pressed garlic. Pour into the bottom of the pan and cook over low heat 35 to 50 minutes. Remove artichokes from broth and serve hot or cold with a vinaigrette sauce.

## Vinaigrette Sauce

1/2 cup red wine vinegar or lemon juice

2/3 cup salad oil

1 Tbsp. parsley, minced

1 clove garlic, minced

1 Tbsp. Dijon style mustard

salt and pepper to taste

Combine red wine vinegar or lemon juice, salad oil, minced garlic, parsley, Dijon style mustard, and salt and pepper to taste, and blend thoroughly with whisk. This may be made in advance and stored in the refrigerator until ready to use.

## Hollandaise Sauce

8 Tbsp. butter

juice of 1 lemon

1 Tbsp. water

2 eggs

salt and pepper to taste

In a heavy 1-quart saucepan, melt butter. Add the lemon juice and water.

In a small bowl beat eggs with whisk, then slowly pour into the butter-lemon mixture, stirring constantly with whisk.

As soon as the sauce begins to thicken, turn off heat, beating until thick. Add salt and pepper to taste.

This sauce can be made an hour ahead and warmed to serve. Add a few drops of hot water when warming. If the sauce should curdle it can be saved by adding a tablespoon of hot water and beating with a whisk as it is warmed over low heat.

*This recipe can be halved or doubled.*



Recipes adapted from  
The Artichoke cookbook by Patricia Rain.

## Artichokes with Seafood

4 MISTER SPEAR jumbo artichokes

1/4 cup butter

8 green onions, chopped

2 garlic cloves, pressed

1 lb. mushrooms, sliced

2 lbs. scallops or shrimp (or 2 lbs. firm-fleshed fish)

1 1/2 cups croutons

1 Tbsp. fresh tarragon (or 1 tsp. dried)

1 tsp. fresh dill (or 1/2 tsp. dried)

1/2 tsp. celery seed

1/2 tsp. paprika

1/2 cup dry sherry

1 1/2 cups Hollandaise sauce

Cook artichokes, remove center leaves and chokes, and prepare for stuffing.

Melt butter in 10-12 inch skillet. Add green onions, garlic, and mushrooms. Sauté briefly over medium heat.

Add scallops or shrimp, cut in 1/2-inch pieces (or 2 lbs. firm-fleshed fish, shredded or chopped), croutons, tarragon, dill, celery seed, and paprika. Heat, stirring constantly, just until seafood is cooked.

Add dry sherry and simmer 1-2 minutes. Season with salt and pepper. Stir in Hollandaise sauce.

Preheat oven to 350°.

Spread artichoke leaves apart. Fill with seafood mixture, spooning any excess between leaves. Top artichokes with 1 cup Hollandaise.

Place on greased cookie sheet and tent with aluminum foil. Bake 10 to 15 minutes. Remove foil and place under broiler until tops are lightly browned.

Artichokes may be filled in advance and refrigerated. Bring to room temperature before baking.