

# How to Prepare Whole Artichokes

## Step 1: Wash the artichokes

Wash artichokes just before cooking. If you wash artichokes before storing, the moisture could cause them to spoil more rapidly.

## Step 2: Slice off the stem end of each artichoke

Cut off and discard the end of the stem. Or remove the entire stem at the base if you plan to serve the artichokes standing upright.

## Step 3: Remove outer leaves

Peel off the outer set of leaves closest to the stem.

## Step 4: Remove the top from each artichoke

If you are stuffing the artichokes or simply want to remove the majority of the prickly leaf tips for safer eating, trim the top off of each artichoke. To do this, use a sharp, sturdy knife to cut off about 1 inch from the pointed top of each artichoke.

## Step 5: Trim leaf tips

- To remove the remaining prickly tips from the outer leaves, use scissors to cut off each leaf tip.
- Brush all cut edges with lemon juice to prevent browning.

## Step 6: Boil the artichokes

To boil artichokes:

- Fill a large stainless-steel or enameled pot with lightly salted water; bring to boiling.
- Add artichokes and return water to boiling.
- Reduce heat; simmer, covered, for about 20 to 30 minutes or until you can easily pull out a leaf from the center of an artichoke.

Tip: Be sure to use a stainless-steel, enameled, or other nonreactive pot to cook artichokes to prevent discoloration or off flavors.

## Step 7: Peel the artichokes

To eat a whole cooked artichoke: Break off each leaf one at a time; dip the leaf into melted butter, mayonnaise, or some other sauce and draw the base of the leaf through your teeth to remove the tender portion. After all the leaves have been removed, scrape off the inedible prickly "choke" to expose the inner artichoke heart. The heart is now ready to cut into pieces and enjoy.

