

## Steamed Whole Artichoke

Recipe from [www.foodnetwork.com](http://www.foodnetwork.com)

### INGREDIENTS:

- 4 sprigs parsley
- 4 garlic cloves
- 2 bay leaves
- 2 lemons, cut in half
- 2 tablespoons olive oil
- 1 quart chicken broth or water
- Salt and pepper, to taste
- 2 whole artichokes

### PREPARATION:

Put the parsley, garlic, bay leaves, lemons, oil and broth in a large pot and bring to a simmer. Season the liquid with salt and pepper (in the meantime, prepare the artichokes). Wash artichokes under cold water. Using a heavy stainless steel knife, cut off the stems close to the base. Pull off the lower petals that are small and tough. Cut off the top inch of the artichoke and rub with half a lemon to preserve the green color. Trim the thorny tips of the petals with kitchen shears. Place the artichokes in the steaming liquid, bottom up. Cover and simmer for about 30 minutes. The artichokes are done when a knife is inserted into the base and there is no resistance.

### NOTES FROM THE COOK: