

# GRILLED ARTICHOKE RECIPE

- Prep time: **15 minutes**
- Cook time: **45 minutes**
- Yield: **Serves 4**

## INGREDIENTS

- 1 tablespoon chopped fresh herbs such as rosemary, oregano, thyme
- 1/3 cup extra virgin olive oil
- 2 cloves garlic, cut in half (no need to peel)
- 1 bay leaf
- 1 lemon, cut into wedges
- 2 to 4 large globe artichokes
- Salt

## DIRECTIONS

**1) Steep herbs in warm olive oil:** Place chopped fresh herbs in a small bowl (not the bay leaf), cover with olive oil. Microwave on high heat for 30 seconds (or heat oil and herbs on the stovetop until warm). Let the herbs steep in the warm olive oil while you prepare the artichokes.

**2) Prep the artichokes:** Prepare a large pot with an inch of water at the bottom. Add the cut cloves of garlic and the bay leaf, and place a steamer rack in the pot. To prepare the artichokes, have lemon wedges ready. If you want a nice presentation, use scissors to snip away the pointy tips of the artichoke leaves. As you trim the artichokes, rub the cut areas with juice from the lemon wedges to prevent the artichokes from turning brown from oxidation.

Use a vegetable peeler to cut away the thick outer layer of the artichoke stems. Trim the stems to 2 inches from the base of the artichoke. Cut off and discard the top 1/2 inch of the artichokes. Cut the artichokes in half.

Use a strong metal spoon to scoop out the fuzzy chokes and the small inner artichoke leaves. Rub lemon juice all over the inside and exposed cut areas of the artichokes.

**3) Steam the artichokes:** Heat the water in the large pot with a steamer rack on high. When it comes to a boil, reduce the heat to medium high and place the artichoke halves, cut side down on the steam rack. Cover. Steam for 20 minutes (less or more, depending on the size of the artichokes), until you can easily pull off the outer leaves, and you can pierce the heart easily with a knife.

The artichokes can be just a tiny bit less cooked than would be typically perfect for steamed artichokes, as you will be cooking them further on the grill.

**4) Grill the artichokes:** Prepare your grill for direct, high heat. Use a pastry brush to brush the artichoke all over with the herb infused oil. Sprinkle all over with salt. Place the artichoke halves cut-side-down on the grill grates. Cover, and grill for 5 to 10 minutes, until you have nice grill mark on the cut sides of the artichokes.

To serve, sprinkle the cut sides with more lemon juice. Serve alone or with mayonnaise, remoulade, or aioli.

