

Artichokes and Dipping Sauces

Ingredients

- 4 Artichokes
- 1 Bay leaf
- 3 Garlic cloves, crushed
- 3 Lemon slices
- A sprinkle of salt and pepper
- For the Parmesan Butter Sauce:
 - 2 Tbls butter, melted
 - 2 Tbls olive oil
 - ¼ cup grated parmesan cheese
 - 1 Pinch of lemon zest
 - 1 Small garlic clove, minced
 - A pinch of sea salt
- For the Balsamic Mustard Sauce:
 - 2 Tbls balsamic vinegar
 - 2 Tbls olive oil
 - 1 Tbls dijon mustard
 - A pinch of sea salt
- For the Lemon and Herb Butter Sauce:
 - 4 Tbls butter, melted
 - 1 Small garlic clove, minced
 - ⅛ tsp each of dried thyme, oregano and basil
 - 1 Tbls fresh lemon juice
 - A pinch of sea salt and pepper



Instructions

1. Cut the stems off each artichoke, along with ½-1 inch off the top, and trim the prickly thorn off each petal. Rinse them under cool water, gently spreading the leaves open.
2. Place them upside-down in a pot with about 2 inches of water, the bay leaf, garlic cloves, lemon slices, and salt and pepper. Bring the water to a boil, then turn down the heat to low. Cover the pot and simmer for 25-35 minutes, or until a knife can be easily poked through the artichokes from top to bottom.
3. While the artichokes are simmering, prepare your dips.
4. For the Parmesan Butter Sauce: Melt the butter in a small saucepan. Remove from heat and whisk in the remaining ingredients. Transfer to a small bowl for dipping. Serve warm.
5. For the Balsamic Mustard Sauce: Place all the ingredients in a small bowl and whisk until incorporated.
6. For the Lemon and Herb Butter Sauce: Melt the butter in a small saucepan. Remove from heat and whisk in the remaining ingredients. Transfer to a small bowl for dipping. Serve warm.
7. How to eat: Dip individual petals into your choice of dip and scrape off the “meat” at the tip through clenched teeth. Discard the petal in a bowl and repeat. When you reach the heart of the artichoke (the best part!), gently scoop out the fine fuzzy hairs with a spoon or knife, slice it into bite sized pieces, and dip.



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