

Artichoke



Vegetable Subgroup: Other

1 lb untrimmed whole artichoke =

1.49-1/4 cup servings cooked, drained vegetable from leaves

1.38-1/4 cup servings cooked, drained vegetable (bottoms only)

2.84-1/4 cup servings cooked, drained vegetable (bottoms and leaves)

(about 1/3 cup from leaves and 1/3 cup from bottoms; about 2/3 cup total per pound AP)

Peak Season: March-May; October

For being such a nondescript veggie, artichokes have quite the history. One of the oldest vegetables still commonly found, it dates back to 300 BC. Throughout the years artichoke has been believed to possess aphrodisiac properties, improve breath, act as a deodorant, and act as a diuretic. While those ideas are up for debate we can be sure that artichoke is not only delicious but also a great provider of Vitamin C and fiber as well as cancer preventing antioxidants.

Storage

Refrigerate artichokes in plastic bag up to one week.

Keep dry to prevent mold growth.

Preparation

Wash the artichoke thoroughly. Because dirt can be found deep between the leaves, soak the artichokes in warm, salted water for about an hour. This will loosen and remove the dirt from between the leaves. Then continue with the trimming explained in the following pages.

Cooking

Steaming—Place artichoke cut side down (with stems facing up). Cover and bring water to boil. Steam until tender anywhere from 3– to 45 minutes

Baking—Preheat oven to 425°. Season artichoke as desired and double wrap in 2 layers of heavy-duty foil. Bake about 1 hour and test for doneness. Let cool before unwrapping.

Boiling—Simply place trimmed artichoke into a pot of water; boil covered for 30-45 minutes.

Always test for doneness by passing a knife through the base of the artichoke—it should pass through easily similar to a baked potato



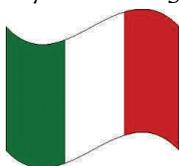
Grilling—You'll still need to cook the artichoke buds first, however, because they are so tough. Once cool enough to handle, you can cut them in half lengthwise and brush with olive oil. Grill the artichoke halves for about three minutes or until they begin to brown.

If trimming artichokes down to the heart before cooking, slightly reduce cooking time and slice into quarters or halves to add to recipes.

Artichokes!

- Extremely labor-intensive, harvesting is done entirely by hand
- Artichokes on the same plant mature at different times so the same field will be harvested every seven days during peak season.

- Italy is the largest producer of artichokes in the world with nearly 32% of the total. The United States produces less than 3% of the world's supply



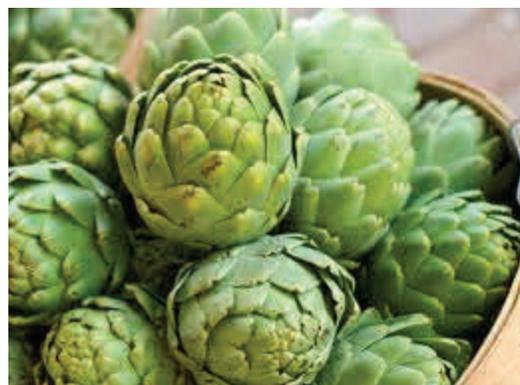
- Native to the Mediterranean, the artichoke plant is technically a thistle.
- In full growth, the plant spreads to cover an area about six feet in diameter and reaches a height of three to four feet. .

- The "vegetable" that we eat is actually the plant's flower bud. If allowed to flower, the blossoms measure up to seven inches in diameter and are a beautiful violet-blue color.



- The heart of the U.S. artichoke industry is located near Castroville, California, and Castroville proudly proclaims itself to be "The Artichoke Center of the World".

- In 1947 Marilyn Monroe, then still going by her given name Norma Jean, was crowned Castroville's first Artichoke Queen.



Nutrition Facts

Serving Size 1 artichoke (56g edible portion)

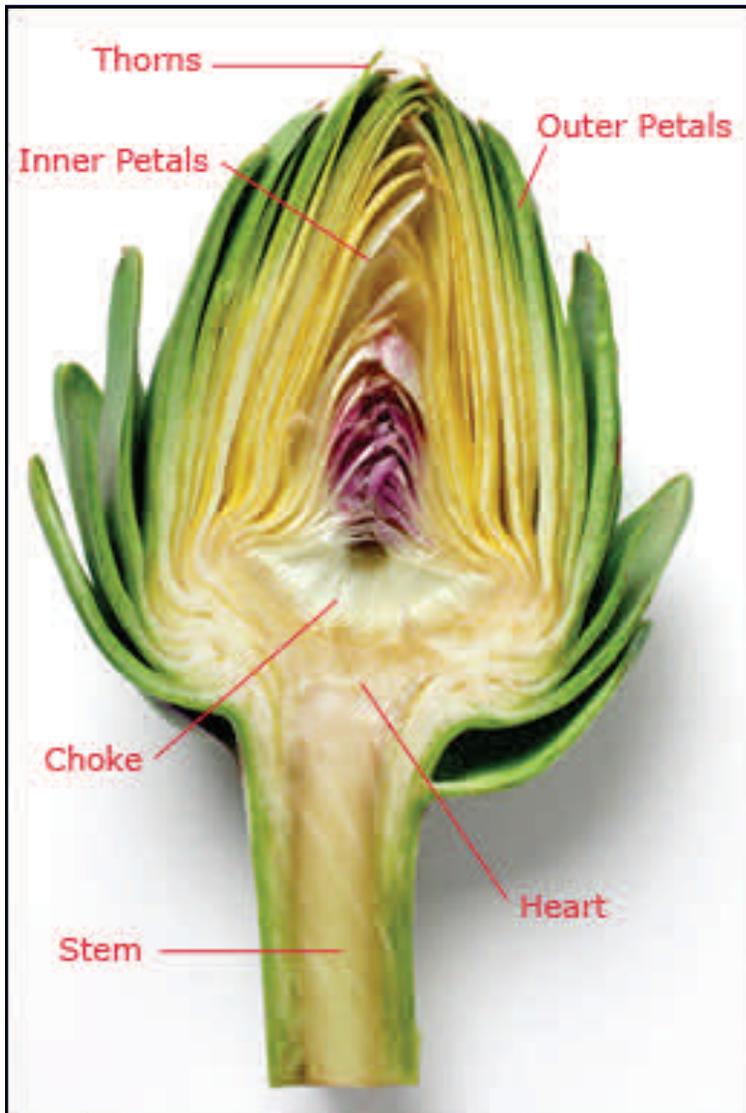
Amount Per Serving			
Calories 25		Calories from Fat 0	
		% Daily Value*	
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat 0g		0%	
Cholesterol 0mg		0%	
Sodium 70mg		3%	
Total Carbohydrate 6g		2%	
Dietary Fiber 3g		12%	
Sugars 1g			
Protein 2g			
Vitamin A 2%		Vitamin C 10%	
Calcium 2%		Iron 2%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4

Cooked artichokes ranked seventh overall on the USDA's top 100 list of antioxidant-filled foods, and first of the vegetables

Artichoke A & P



Artichokes are not the cuddliest looking of all vegetables, which probably makes sense considering their relation to thorn plants. However, understanding the anatomy and physiology of what lies beneath those pointy little leaves will make preparing it a whole lot easier.



Heart and Stem — The meatiest part of the artichoke is the heart and extends into the stem if not allowed to over ripen

Choke — The immature bloom of the plant, the choke contains the inedible mass of undeveloped florets and must be removed

Inner Petal — Although edible in small artichokes, they are meant to add extra protection to the choke and should generally be removed

Outer Petals — Tough and fibrous, the outer petals contain 20% of all the artichoke's edible meat at the point of attachment

Thorns — Thorns can be removed before cooking to improve visual appeal, but usually soften with cooking

Actually a bud of a plant of the thistle family, the artichoke produces beautiful blooms if allowed to reach maturity.



How to Trim an Artichoke

Courtesy of Food Network Magazine



1. Fill a large bowl with cold water; squeeze the juice of 1 lemon and drop in the lemon halves. Working with one artichoke at a time, saw about 1 inch off the top using a serrated knife.



2. Snap off the tough, dry leaves around the stem (about 2 layers of leaves).

3. If you plan to serve the artichoke with leaves attached, use kitchen shears to trim 1/4 to 1/2 inch off the thorny leaf tips.



4. Peel the stem with a paring knife or cut off the stem completely if you want the artichoke to sit flat. Rub the cut parts with a lemon half, then keep the artichoke in the lemon water while you trim the rest.

To get to the edible heart, continue with these steps:

Courtesy of Veggie Belly on June 28, 2010

Using a sharp paring knife, trim the outer leaves. Keep removing the tough leaves till you get to the paler, softer leaves on the inside.



When there are about 5-6 layers of leaves left, stop trimming. Then trim the outer, tough, green layer around the base of the artichoke and around the stem. When you get to the white part, stop trimming.

Using a spoon, gently but firmly scoop out the fuzzy choke from the center of the artichoke. Make sure you get in there and remove all of the choke, because this part of the artichoke is inedible. The artichoke heart is now clean. Immediately place the artichoke heart in the bowl of water and lemon juice.



****You may trim the artichoke down to the heart before or after cooking.*

Kamut® with Grilled Chicken, Artichoke Hearts and Roasted Peppers

Submitted by Berkeley Carroll School, New York

Yield: 12 servings

INGREDIENTS:

- 1 lb Kamut®
- 2 quarts chicken stock
- 2 lbs chicken tenders
- 1/4 cup olive oil
- 2 oz garlic, cut into large pieces
- 2 oz shallots, cut into large pieces
- 2 sprigs fresh rosemary, stemmed and minced
- 2 1/2 cups diced artichoke hearts
- 1 cup sliced roasted red peppers
- 1/4 cup white wine
- 1/4 cup parmesan cheese
- Salt and pepper to taste
- 1/4 cup chopped fresh basil, for garnish

PREPARATION:

1. Bring chicken stock to a boil. Add Kamut®. Reduce to simmer for 45 to 50 minutes. Drain and set aside.
2. Place oil, garlic, shallots in a bowl. Add half of the rosemary, and season with salt and pepper. Add chicken tenders and marinate at least 30 minutes.
3. Remove chicken, shallots and garlic from marinade.
4. Grill chicken, shallots and garlic until golden and chicken is 165°F. Cool and cut chicken into strips and mince the garlic and shallots.
5. Mix Kamut, chicken, shallots, garlic, vegetables, wine, remaining rosemary and parmesan. Season to taste with salt and pepper.
6. Garnish with chopped fresh basil.

**Presoak Kamut overnight

Courtesy of:
**WHOLE GRAIN RECIPES FOR
FOODSERVICE**



Whole-Wheat Pizza with Artichokes and Pecorino



Ingredients

- 4 steamed artichokes
- 1 tablespoon fresh lemon juice
- 1 tablespoon olive oil, plus more for baking sheet
- 1 pound whole-wheat pizza dough
- 1 cup fresh ricotta cheese
- 2 plum tomatoes, thinly sliced crosswise
- 1/4 cup pitted Kalamata olives, halved
- 3 ounces Pecorino Romano cheese, shaved with a vegetable peeler
- 1/4 cup fresh basil leaves

Directions

1. Use a paring knife to trim away all of the artichokes' fibrous leaves and chokes so only the hearts remain. Slice the hearts thinly crosswise. In a small bowl, toss artichoke hearts with lemon juice.
2. Preheat oven to 450 degrees. Lightly oil a baking sheet. Stretch dough on prepared sheet and brush with oil, making sure to coat edges well. Scatter spoonfuls of ricotta over dough. Top with tomatoes, artichokes, olives, and 3/4 of the Pecorino. Season with salt and pepper.
3. Bake pizza until browned, 20 to 25 minutes. Top cooked pizza with basil and reserved Pecorino.

