

ABOUT GLOBE ARTICHOKEs

Height of Season: April and May.

What to Look For: Green stems and firm, unblemished leaves. Size does not affect taste.

Uses: Cooked, as a first or separate course; bottoms or hearts in salads.

Amount: One per person.

Alternatives to Fresh: Both frozen and canned hearts and bottoms are available and good.

Globe artichokes, sometimes called French or Italian artichokes, resemble a flower bud with a fascinating, complex construction.

If you've never eaten an artichoke, here's how you proceed. Start with the outer leaves and work toward the center, taking off each leaf with your fingers and dipping it in melted butter or a special sauce. Scrape off the edible bottom part of the leaf with your teeth and discard what remains. In the center of the artichoke is a light green cone of tiny leaves which can be removed in one piece. Under this cone is the prickly center, or "choke," which is inedible and should be scraped off. (See illustration of cross section, p. 363).

The tender, delicious artichoke bottom, sometimes erroneously called the "heart," is just below the choke. It is slightly cuplike in shape and captures the intense, delicious flavor of the artichoke.

The heart is actually the whole tender center of an artichoke, including the bottom and some of the most tender leaves; the bristly choke is removed. The hearts of tiny artichokes are sold frozen and in jars.

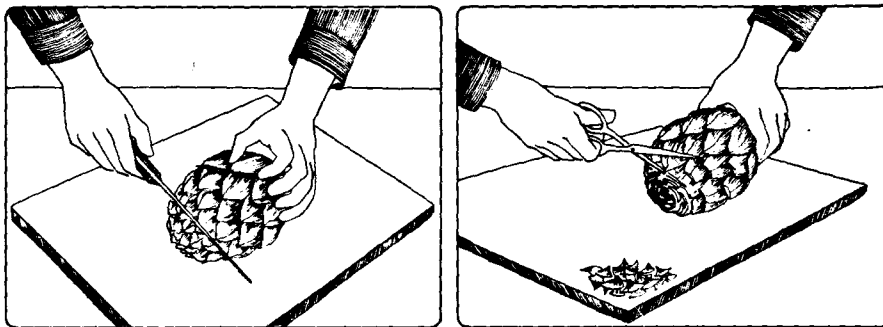
Basic Method for Cooking Artichokes

(ALLOW ONE PER PERSON)

Cooked artichoke stems are delicious. Do not detach them until after cooking, and use them in salads or as an hors d'oeuvre.

To prepare for cooking, peel the coarse fibers from the artichoke stem. Remove the tough bottom leaves, then slice off about an inch from the leaves at the top. With scissors, snip off the prickly tops of the remaining side leaves. Plunge the

The Fannie Farmer Cookbook,
12th edition, Revised by
Marion
Cunningham and
Jeri Laber,
Alfred A. Knopf,
New York, c1979



artichokes into a very large pot filled with boiling water and boil them gently until done. Allow 25–40 minutes: they are done when an outer leaf pulls off easily and the bottom is tender when pierced with a fork. Drain them upside down. Serve them hot or warm, with *melted butter* or *Hollandaise Sauce* (p. 272) on the side, or cold with *French Dressing* (p. 450) or *mayonnaise seasoned with lemon juice and a drop of prepared mustard*.