

Shopping List:

- 3 globe artichokes
- 1 Tbsp Celtic sea salt
- 1 bay leaf
- 1 lemon, sliced in quarters
- 8 Tbsp dairy & soy free butter, melted
- 1 Tbsp extra virgin olive oil
- 1 Tbsp fresh lemon juice
- 2 garlic cloves, minced
- ½ tsp garlic salt

Cooking Instructions:

In a deep pot with a steamer basket, bring 2 inches of water and the salt to a boil. Cut off the top of the artichokes about ½ inch (a serrated knife works best). Cut off all but ½ from the base of the bottom stem, then use scissors to trim the tops of the outer leaves. Add bay leaf and lemon quarters to the boiling water. Add artichokes to the steamer basket, cover, and steam about 30 minutes. While artichoke leaves are soft and easy to pull out, serve one with each lemon garlic butter. Pull out one leaf at a time, dip in butter, then (using your teeth or a spoon), remove soft white colored “meat”. Continue and discard remaining thin leaves and silky center until you come to the “heart” in the center. These are best to eat on the day they are steamed.