



Boiled Artichokes with Butter Sauce and Mayonnaise

By Erica Wallace Moore from the Kitchen of her grandmother Pauline Wallace

Simple yet delicious social appetizer meant to be enjoyed as a full texture and taste experience. Because of the interesting yet smooth texture, and interactive experience of scraping the tender artichoke meat with the bottom of your teeth, this dish is perfect for introducing the beauty of vegetables to children.

INGREDIENTS:

- water
- 1 tsp salt
- 1 TBS vinegar or two lemon halves to hold the artichoke's color
- chopped onion or onion powder to taste
- minced garlic or garlic powder to taste
- chili powder or red pepper flakes to taste (optional)
- 4 whole raw artichokes from the produce section
- melted butter
- mayonnaise



METHOD:

1. Bring a large pot of water to boil including the salt, vinegar or lemon juice, onion, garlic, and optional chili powder/flakes.
2. While waiting for the water to boil, rinse and trim the stems of the artichokes.
3. Once the water begins to boil, place artichokes directly into the pot. It helps to place a smaller lid into the boiling water to keep the artichokes submerged in the water.
4. Cover the pot and keep the artichokes boiling in the seasoned water for 20 to 45 minutes depending on the size of the artichokes. When the artichokes are tender and their bases can be easily pierced with a knife, they are done.
5. Melt butter in a small bowl for dipping. Put the mayonnaise in a different small bowl.

To eat, pull off the outer petals of the artichoke, dip into the melted butter or mayonnaise and

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scrape the tender meat with your bottom teeth. Discard the inedible portions of the petals. The heart as well as the bottom of the artichoke are edible.

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