



# Nonna Snowden Cooks

Cook, Skydive, Have Fun, Give Back



## Artichoke

Nonna Snowden recommends you visit her at [www.nonnasnowdencooks.com](http://www.nonnasnowdencooks.com) and watch her “how to” videos on preparing several dishes. You can, also, visit [Nonna's YouTube channel](#) here. In this delicious recipe Nonna shares her Great Grandmother's, Mama Tess, artichoke recipe. Artichokes are delicious, especially artichokes hearts! Unfortunately, many people don't know much about this semi-unusual vegetable. Follow this recipe to make delicious artichokes and watch Nonna's video to learn how to eat them!

### Ingredients:

- 4 artichokes for each appliance
- 1/3 cup diced garlic per artichoke
- olive oil
- seasoning (Nonna's fav - DP Garlic and Herb Seasonings / Gumbo Daddy's Cajun Seasonings). But salt and pepper, or Adobo or other spices would do.

### Preparation:

- Cut off stem
- remove small leaves around where the stem was
- cut off tip (top of artichoke)
- open the artichoke up some (bang tip on hard surface - stem side in the air)
- Put garlic in between the leaves - as much as you want.
- sprinkle seasonings of your choice over the top

### Stove Top:

- Put 4 artichokes in pot.
- splash olive oil over each artichoke.
- Fill with water 2/3 artichoke height. Do NOT completely cover artichokes with water.
- Bring to boil (while covered).
- Once boiling, reduce to simmer and let cook (keep covered)
- Cooking time 1sh hours. See NOTE 1

### Instant Pot:

- put 4 artichokes in pot (use the rack)
- splash olive oil over each artichoke
- put 1 cup of water in the pot
- Hit the “meat/stew” or appropriate button (read directions). Cooking time 9-11 mins. (See NOTES 1 & 2)

**NOTE 1:** You'll know the artichokes are cooked when the large outside/bottom leaves come off easily. Taste one by scraping the base leaf's soft side along your teeth. If the pulp comes off easily and is soft, it is cooked.

**NOTE 2:** Nonna's instant pot defaulted to a 20 min cooking time. This is MUCH too long.

Nonna donates 50% of proceeds to [JumpForTheRose.org](http://JumpForTheRose.org).

