

## HOW TO PREP WHOLE ARTICHOKE

- 1 Using your hands, pluck the hardest leaves from the base and outer layer of the artichoke.



- 2 With a sharp, serrated knife, remove about one to two inches from the top of the artichoke.



- 3 Using kitchen scissors, remove the thorny tips from each of the remaining leaves.



- 4 Remove the stem of the artichoke completely so it rests easily on a flat surface. Gently loosen leaves for herbs, spices, and stuffing.



- 5 Once the artichoke is cooked, pluck the center leaves from the heart and remove the choke with a spoon. Alternatively, halve the artichoke and remove the choke.

## HOW TO PREP ARTICHOKE HEARTS

- 1 Using your hands, pluck the hardest leaves from the base and outer layers of the artichoke.

- 2 At a downward angle, cut away the remaining outer leaves.



- 3 Cut the inner leaves away from the heart to expose the inner choke.



- 4 Remove the choke from the center of the heart.



- 5 Trim the stem and outer layer of the heart with a small paring knife or vegetable peeler.





## HOW TO BLANCH & PEEL WHOLE TOMATOES



Prepare a pot of boiling water and an ice bath. Core a whole tomato, and mark a shallow "x" into its skin.



Drop the tomato in the boiling water until the skin begins to wrinkle and separate from the flesh.

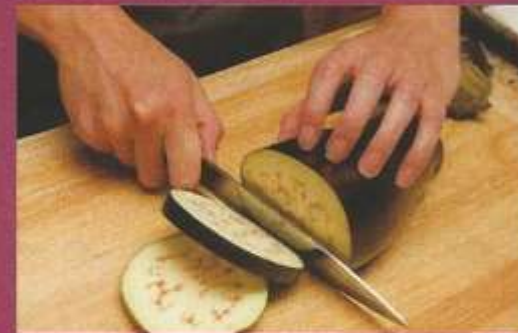


Transfer to the ice bath.



Starting at the "x," gently remove the skin. Halve and seed if desired.

## HOW TO SALT EGGPLANT



Remove ends and slice.



Spread eggplant rounds across a baking sheet lined with dry paper towels and generously sprinkle each slice with kosher salt.



After 30 minutes to one hour, rinse under cold water. Spread across a clean kitchen towel and pat dry.