

MON AMI GABI®

A CLASSIC FRENCH BISTRO

STEAMED ARTICHOKE

*with shaved vegetables
& lemon-dijon vinaigrette*

yields 4



STEAMED ARTICHOKE INGREDIENTS

- 4 fresh, large artichokes
- 4 fresh lemons, cut outer wedges and use insides for juice
- 1 bay leaf
- ¼ bunch parsley
- 1 sprig fresh thyme
- 2 cloves garlic crushed
- 1 tbsp. black pepper, cracked

STEAMED ARTICHOKE METHOD

1. Bring a large pot to boil on top of the stove with a perforated insert and lid.
2. Gently trim the top and bottom of the artichokes.
3. Squeeze with fresh lemon juice.
4. Place aromatics in the boiling water.
5. Place artichokes in the perforated pan top side facing downwards.
6. Cover and allow to cook until tender. Approximately 45 minutes.
7. Snip the ends of each leaf with scissors.
8. Allow to cool and wrap individually with plastic wrap and chill.
9. Store artichokes bottoms down and gently to maintain shape.

LEMON-DIJON VINAIGRETTE INGREDIENTS

- 1 cup fresh lemon juice
- 2 cups olive oil
- 2 tbsp. dijon mustard
- 1 tsp. garlic, finely minced

- 1 tsp. salt
- 1 tsp. black pepper, freshly ground

LEMON-DIJON VINAIGRETTE METHOD

1. Finely mince garlic.
2. Start with dijon mustard in a stainless steel. Whisk in lemon juice and slowly add olive oil.
3. Season with salt and ground black pepper.

STEAMED ARTICHOKE WITH SHAVED VEGETABLES & LEMON-DIJON VINAIGRETTE INGREDIENTS

- 4 large steamed artichokes
- 4 peeled and shaved carrots
- 1 watermelon radish, peeled and thinly sliced
- 1 piece of fennel, thinly sliced
- 20 sprigs fennel fronds
- 2 tbsp. micro basil
- 12 parsley sprigs, rinsed
- 20 olives (assorted mix with pits)
- 8 oz lemon-dijon vinaigrette
- 4 lemon wedges
- 1 pinch of flakey salt

STEAMED ARTICHOKE WITH SHAVED VEGETABLES & LEMON-DIJON VINAIGRETTE METHOD

1. Peel and shave carrots, watermelon radish and fennel and mix in bowl.
2. Trim artichokes on top and bottom. All leaves must be snipped at top with scissors.
3. Place artichokes on plate, steady the bottom and gently open the leaves.
4. Sprinkle with shaved vegetables, and herbs.
5. Sprinkle olives.
6. Pour 2 ounces lemon-dijon vinaigrette onto each artichoke.
7. Sprinkle with flakey salt.