

Globe Artichoke Preparation & Cooking

グローブアーティチョーク調理

Artichoke Size Guide (by weight)

- Small: 200–250 g
- Medium: 250–350 g
- Large: 350–500 g
- Very large: 500–700 g

Preparation (Whole Artichokes)

1. Rinse thoroughly.
2. Trim stem to 2–3 cm.
3. Cut off top 2–3 cm.
4. Snip thorn tips.
5. Rub all cut surfaces with lemon.

Instant Pot Cooking

- Add 250 ml water and place artichokes on trivet.
- Pressure: High
- 250–300 g: 10–11 minutes
- 300–400 g: 11–13 minutes
- 400–500 g: 13–15 minutes
- Release: Quick or natural

Doneness Check

- Inner leaf pulls out easily.
- Base is tender when pierced.
- If undercooked: add 2 minutes and recheck.

Serving & Eating

1. Pull off leaves, dip, and scrape flesh.
2. Remove choke with spoon after cooking.
3. Eat the heart.
4. Optional: sprinkle lemon + salt + MSG before serving.

Dipping Sauces (3–4 servings)

Classic Lemon Butter

- 60 g unsalted butter 無塩バター
- 1 T lemon juice レモン汁
- Pinch salt + MSG 塩+MSG
- Black pepper 黒こしょう

Instructions:

- • Melt **butter** gently (do not brown).
- • Stir in **lemon juice** and **seasoning** just before serving.



Lemon Garlic Aioli

- 60 g mayonnaise マヨネーズ
- 1 tsp grated garlic にんにく
- 1 T lemon juice レモン汁
- 1 tsp Dijon mustard デイジョン
- Black pepper 黒こしょう

Instructions:

- Mix all ingredients and **rest 10 minutes** before serving.



Wasabi Yogurt Sauce (Light)

- 120 g Greek yogurt ギリシャヨーグルト
- 1/2–1 tsp wasabi (adjust to taste) わさび
- 1 tsp lemon juice レモン汁
- 1 tsp soy sauce (low sodium) 減塩しょうゆ
- Pinch salt + MSG 塩+MSG

Instructions:

- Mix well and **chill 5–10 minutes** before serving.

