

Artichokes (Instant Pot) w/Lemon Butter or Lemon Coconut cream

By

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Ingredients:

2 large globe artichokes (my favorite brand is [Ocean Mist Farms](#))

Kerrygold butter or [Simple Coconut milk](#)

[Organic lemon juice](#)

1 cup of water, with 1tsp. [Sea salt](#) dissolved in it

Directions:

Wash the whole artichoke by holding the stem and carefully running your hand over the artichoke in a light-touch downward motion. You want to avoid jabbing yourself on those little thorns at the tips of the choke leaves, so be careful doing this. Wash the stems too cause they are completely edible using this method.

Cut the stems off so the artichokes will fit flat on the rack inside your [Instant Pot](#).

The scrapings from the leaves are delicious, but the main attraction is the heart at the bottom inside of the artichoke. The easiest way to make sure that the heart gets cooked through and nice and tender is to sit them upright in the pot directly over the salted water that will soon turn into steam.

Using the same slicing motion for slicing crusty bread, slice about 3/4 of an inch to an inch off the top of each artichoke with a [serrated knife](#).

If you can open up the petals a little without pricking yourself with the little thorny tips that remain, do so. Then, sprinkle additional sea salt into the opened petal spaces to taste. Artichokes take a lot of salt to bring out the best flavor, but honor your dietary needs/preferences along these lines.

Put water with the dissolved sea salt into the pot liner of the Instant Pot.

Put the artichoke globes in the Instant Pot on the wire rack for steaming.

Take the cut-off stems (which are actually part of the heart) and trim 1/4 inch off the

bottom. Place the stems on the wire rack next to the artichokes.

Using the steam setting, set the Instant Pot for 15 minutes. Close up the lid. The black steam release valve should be in the sealed position. I like to use the [InstaPot Steam Release Accessory](#) for safe quick release.

While the artichokes are cooking, make whatever dipping sauce you'd like. Our two favorites are lemon butter (my husband's) and lemon coconut milk (mine). For LB, just melt butter and add lemon to taste. LC is just coconut milk heated with a little lemon juice to taste.

When the buzzer goes off signaling that the artichokes are done, turn your Instant Pot off and turn the steam release valve to quick release. If you don't have the accessory that gives your hand more distance from the hot steam (read: safety from steam burn) about to be released, BE VERY CAREFUL doing this. The quick release will speed up the process of de-pressurizing the IP and stop cooking the artichoke.

Place the globes in individual soup bowls to serve, along with an empty soup bowl for the discarded petals. The stems can be placed on plates or wherever is convenient for enjoying along with the heart.