

Artichokes w/ Lemon Butter or Lemon Coconut cream

By

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Ingredients:

2 large globe artichokes

1 T. [Sea salt](#)

Kerrygold butter or [Simple Coconut milk](#)

Organic [lemon juice](#)

Directions:

Put about 3 inches of spring water in a 3-quart size pan with a lid.

Add 1 T. Salt to the water, put on lid and put on medium heat.

While water is heating, cut off the stems of the artichokes so there's a flat bottom to the globes themselves.

Slice about 3/4 inch to an inch off the top of each artichoke.

Rinse the artichokes under cold running water. If you can open up the petals a little without poking yourself with the little thorny tips that remain, the water can get inside more easily to cook.

Put the artichoke globes in the boiling water and turn down to a simmer as you put the lid on the pan.

Reduce the heat to simmer; let cook for about 45 minutes, depending on the size of the artichokes. The larger the size, the longer they need to cook.

While the artichokes cook, make whatever sauces you want for dipping the leaves into to eat. 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.

Use tongs to remove artichoke from the hot water/steam. Carefully turn the artichoke as you hold it with the tongs and allow the water in the leaves to drain out back into the cooking pan. Do this really carefully, taking care to not allow the hot water to run down the tongs and burn you.

Place the globes in individual soup bowls to serve, along with an empty soup bowl for the discarded petals.