

PARTY ARTICHOKE WITH THREE DIPS

4 Windy Hill Artichokes

Selection of Dips (recipes follow)

Wash artichokes under cold running water. Cut off stems at base and remove small bottom leaves. Stand artichokes upright in deep saucepan large enough to hold snugly. Add 1 teaspoon salt and two to three inches boiling water. (Lemon juice, herbs, garlic powder or onion powder may be added, if desired.) Cover and boil gently 35 to 45 minutes or until base can be pierced easily with fork. (Add a little more boiling water, if needed.) Turn artichokes upside down to drain. Cool completely; cover and refrigerate to chill. Makes 4 artichokes.

CREAMY THAI DIP

- ¼ cup creamy peanut butter
- ¼ cup firmly packed brown sugar
- 2 tablespoons cider vinegar
- 2 tablespoons soy sauce
- 1 teaspoon sesame oil
- 1/8 teaspoon ground ginger

Combine all ingredients; mix well. Makes ¾ cup.

Variation: For "*Oriental Dip*," omit peanut butter

HONEY MUSTARD DIP

- ¼ cup prepared mustard
- 2 tablespoons cider vinegar
- 2 tablespoons soy sauce
- 2 tablespoons honey

Combine all ingredients; mix well. Makes about ¾ cup.

"SHIP AHOY!" DIP

- 1 can (6-1/2 ounces) minced clams
- 2 tablespoons reserved clam juice
- 3 ounces cream cheese softened
- 1 teaspoon lemon juice
- ¼ teaspoon garlic salt

Drain clams, reserving 2 tablespoons clam juice. Blend cream cheese with lemon juice and garlic salt. Stir in clams and reserved clam juice. Refrigerate until ready to serve. Makes about 3/4 cup.

GRILLED ARTICHOKE

Recipe for 4 artichokes, 8 servings ½ artichoke each)

This recipe is perfect for the lazy cook, since all preparation can be done the previous day. The slightly smoky taste compliments the nuttiness of the artichoke and no dip is necessary, although some might want to use additional marinade for dipping.

Ingredients:

- 4 large artichokes
- ¼ cup balsamic vinegar
- ¼ cup water ¼ cup soy sauce
- 1 T minced ginger
- ¼ cup olive oil

Method:

1. Slice artichoke tops off, crosswise. Trim Stems.
2. Boil or steam artichokes until bottoms pierce easily, or a petal pulls off easily.
3. Drain artichokes. Cool. Cut each artichoke in half lengthwise and scrape out fuzzy center and any purple tipped petals.
4. Mix remaining ingredients in a large plastic bag. Place artichokes in the bag and coat all sides of the artichokes. For best flavor marinate in the mixture overnight in the refrigerator but should marinate at least one hour.
5. Drain artichokes. Place cut side down on a grill over a solid bed of medium coals or gas grill on medium. Grill until lightly browned on the cut side, 5 to 7 minutes. Turn artichokes over and drizzle some of the remaining marinade over the artichokes. Grill until petal tips are lightly charred, 3 to 4 minutes more.
6. Serve hot or room temperature

COUSCOUS-STUFFED ARTICHOKE

- 4 Windy Hill artichokes
- 1½ cups chicken broth

- 1 teaspoon curry powder
- $\frac{3}{4}$ teaspoon ground cumin
- $\frac{1}{2}$ teaspoon garlic salt
- 1 cup instant couscous
- $\frac{1}{4}$ cup currants
- $\frac{1}{2}$ cup sliced green onion
- $\frac{1}{2}$ cup toasted slivered almonds, chopped
- $\frac{1}{2}$ teaspoon grated lemon peel
- 2 tablespoons lemon juice
- 2 tablespoons vegetable oil
- Plain lowfat yogurt, optional

Wash artichokes. Cut off stems at base and remove small bottom leaves. Stand artichokes upright in deep saucepan large enough to hold snugly. Add 1 teaspoon salt and 2 to 3 inches boiling water. Cover and boil gently 35 to 45 minutes, or until base can be pierced easily with fork. (Add a little more boiling water, if needed.) Turn artichokes upside down to drain. Carefully remove center petals and fuzzy centers with a spoon and discard. Keep warm or chill as desired.

In medium saucepan combine chicken broth, curry powder, cumin and garlic salt; bring to a boil. Remove from heat; stir in couscous and currants. Cover and let stand 5 minutes. Fluff couscous with a fork. Stir in green onion and almonds. Combine lemon peel, lemon juice and vegetable oil; stir into couscous.

Gently spread artichoke leaves until center cone of leaves is revealed. Pull out center cone. With a spoon, scrape out any purple-tipped leaves and fuzz. Fill centers of artichokes with couscous mixture. Serve with plain yogurt, if desired. Makes 4 generous servings.

Nutritional information per serving: calories 385; protein 13.1 g; carbohydrate 53.7 g; fat 14.5 g; sodium 632 mg; potassium 576 mg; cholesterol 0 mg; dietary fiber 5.1 g

COOK'S TIP: Fresh cooked and chilled artichokes are easy to keep on hand for quick meals. Refrigerated in a covered container, they will keep up to a week.