

Grilled Artichokes – Weber Grill

Grilled artichokes are one of the great summer grilled items. Don't let people tell you they are hard to make, because in this recipe we break it down and make it uber easy to go from the produce section to the grill. Better double this recipe, the kids will want seconds. Happy Cooking, Chef Jason

Chef Jason K. Morse, CEC | Ace Hardware Grill Expert | Owner, 5280 Culinary

Yield: Serve 2 People (makes 2 artichokes)

Prep time: 15-20 Minutes

Cook time: 5-7 Minutes

Cook Temp: 550° Grill Temperature

Ingredients

<i>Measure</i>	<i>Ingredient</i>	<i>Prep Notes</i>
2 Ea	Artichokes, Globe, Fresh	Washed / dried
1 ea	Lemon, Fresh, Large	Cut in half
As Needed	Oil, Canola/Olive Blend	
taste	Garden Rub, 5280 Culinary	
taste	Rub-A-Dub, 5280 Culinary	
¼ cup	Lemon Butter or Flavored Butter	In dairy section at groc store

Preparation Directions:

Wash All Vegetables prior to use

Clean and sanitize all cutting boards and prep surfaces prior to use

Read all manufacturer's instructions before using grills, blenders and any cooking tools

Clean Weber Grill Grates and ignite Weber, adjust temp to 550°

While grill is heating up – prep Artichokes as follows

Snip off the leaf ends (removes the prickly parts and preps the leaves for cooking)

Using a peeler, peel of 1-2 layers of the stalk to expose the softer stalk center

Cut artichokes in half

Trim off the bottom dried out part of the stalk

Using a spoon, scoop out the thistle and scoop all the way down to the artichoke heart

** be sure to remove any purple tipped leaves, they are very bitter and don't taste good

** rub artichokes with fresh lemon to help prevent any oxidation

Bring 4 quarts of water to a boil and add 2 halves of a lemon (squeeze lemon to get the juice into the water)

Boil for approx. 10-12 minutes or until knife tender (knife should insert and release easily)

Remove from the water, drain well and place into a bowl for seasoning

**if pre cooking artichokes for later use, lightly oil and place into a zipper bag, in the fridge for later use

Lightly oil and season the artichokes with garden rub (season to taste)

Open the grill and carefully add the artichoke hearts, heart side up. watch for any signs of flare ups

Cook on the leaf side for approx. 2 minutes to get some color

Using a long pair of tongs, flip the artichokes over and start to grill the heart side

Continue to cook for 5-7 minutes or until all sides of the artichoke are grilled to your desired doneness

** Add the butter during the last 3 minutes of cooking to lightly melt the butter, make sure it doesn't separate

Once grilled to your desired doneness, turn off the grill and remove the artichokes using tongs

Plate the artichokes on a plate

Season to taste with the Rub-A-Dub rub

Serve with melted butter and devour

Pull off the leaves and enjoy the meaty bottom section of the leaf, then dig in and enjoy the grilled artichoke heart

SHOPPING LIST

Weber Genesis E-325 Indigo Grill, Propane
Weber Grilling Pan
Manchester Propane Tank, 20 lb
Garden Rub, 5280 Culinary
Rub-A-Dub, 5280 Culinary

Ace SKU – 8017320
Ace SKU – 8212441
Ace SKU – 8100018
Ace SKU – 8561920
Ace SKU - 8562050