

**ARTICHOKES** veg2.doc**Outcomes**

- experience selecting and preparing an artichoke
- experience with preparing a chlorophyll-containing vegetable
- experience eating an artichoke

Metric Formula	Measurement	Food/Ingredient	Quality Parameters
	1	Artichoke	
		Margarine or mayonnaise	

Directions	HACCP Concerns
1 Wash thoroughly.	
2 Cut off end of stem. Cut off top of leaves about 1/2"	
3 Cook 25 minutes until base is tender in boiling, salted water to cover. Drain upside down.	
4 Serve upright on plate.	
5 Serve with mayonnaise or a mixture of equal amounts of melted margarine and lemon juice.	

Equipment	Product Quality Evaluation
3 qt. Saucepan + lid French knife Serving plate Small saucepan or skillet	