

ARTICHOKES

1. Wash the vegetable
2. Blanch for 4 minutes, then drain.
3. Remove the outer leaves, set aside to snack on.
4. Remove hairs from the top of the hearts and rinse off again if needed.
3. Cut the artichoke hearts into quarters or sixths.
5. Dehydrate artichokes at 130°F until brittle.

Use your dried artichoke hearts for salads, antipasto platters, pizza topping, casseroles or in dips.

To re-hydrate: soak in boiling water for about 15 minutes.