



HOW TO INSTANT POT

STEAMED ARTICHOKES WITH MEDITERRANEAN AIOLI

Ingredients

For the Artichokes:

- 3 medium artichokes, stemmed cut off
- 1 cup vegetable broth

For the Mediterranean Aioli:

- 2 tbsp fresh chopped rosemary and oregano
- 5 cloves of garlic
- 1/2 tsp dried ground coriander
- pinch of cumin
- 1 tsp crushed red pepper flakes
- 2 egg yolks (for vegan option, see notes***, below.
- 1 tbsp Dijon mustard
- 2 tsp lemon juice
- 1/2 cup olive oil
- 1/4 tsp each of salt & pepper

Directions

To Steam Artichokes:

1. Cut the stems of the artichokes and place upside down in wire trivet in IP stainless steel bowl.
2. Pour broth over the artichokes and around the IP bowl. This gives artichokes flavor when steaming.
3. Cover and lock the lid with sealing the vent closed.
4. Press Manual button and set timer to 10 minutes.
5. Once done cooking, quick release pressure in IP by turning valve to venting.
6. Remove artichokes from IP and reserve 1/4 cup broth for later.

(Recipe continues on the back)

7. Slice artichokes in half and scoop out center, or leave intact.
8. Place on large plate or bowl. Drizzle a little broth on top.
9. Serve with aioli or spoon aioli on top.

For the aioli:

1. Place all aioli ingredients***, minus the oil, in food processor or blender.
2. Blend until creamy, about 1 minute.
3. Then set back to high and slowly drizzle in the oil. Blend for 1-2 minutes, scrapping sides, if needed.
4. Remove and place in bowl. Let the aioli set in fridge for 10 minutes.
5. Makes about 1/2 cup. Keep in fridge for up to 10 days.

***For vegan option, omit egg yolks and replace with 1-2 tbsp vegan mayo or plain Greek yogurt to make it extra creamy.