

Instant Pot Steamed Artichokes

Savannah · 28/09/2024

**Prep Time**

5 mins

Difficult

Medium

Servings

30 mins

Description

These Instant Pot artichokes are quick easy and foolproof to make They come out tender and are perfect for sharing Serve with lemon juice for a vegan appetizer or with aioli or melted butter if you prefer

Ingredients

- - 1 cup water - 2 cloves garlic - 1 bay leaf - ½ teaspoon salt - 4 artichokes
- trimmed and stemmed - 2 tablespoons lemon juice

Instructions

1. Combine water
2. garlic
3. bay leaf
4. and salt inside a multi-functional pressure cooker (such as Instant Pot®). Place steamer in the pot. Add artichokes
5. trimmed top facing up; drizzle with lemon juice. Close and lock the lid. Select high pressure according to manufacturer's instructions; set timer for 10 minutes. Allow 10 to 15 minutes for pressure to build. Release pressure carefully using the quick-release method according to manufacturer's instructions
6. about 5 minutes. Unlock and remove lid. Cool until easily handled. Pull off outer petals one at a time. Pull through teeth to remove the soft portion of the petal. Discard remaining petal. Spoon out fuzzy center near the stem and discard. Eat the bottom whole or cut into pieces. Recipe Tip Artichokes can be served hot or cold. Eat them by pulling off the outer petals
7. dipping them in lemon juice or melted butter
8. and then pulling them through your teeth to remove the soft
9. pulpy portion of petal. Discard what's left of each petal. You can also eat the heart of the artichoke by removing the fuzzy center at the base.