

Sous Vide Grilled Artichokes with Lemon-Mustard Mayonnaise

★★★★★ (0)

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Carolyn Jung is a James Beard Award-winning Bay Area food journalist, whose work has appeared in the San Francisco Chronicle, Every Day with Rachael Ray, Coastal Living, Via magazine, Food Arts, Edible Silicon Valley, Wine Spectator and other publications. She is the fo ... (/user/carolyn-jung)

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Recipe Temp
194 F / 90 C

Recipe Time
02:00

Prep Time
00:45

We want to give a gold star to the first person who discovered that artichokes are actually edible. After all, the leafy thistle couldn't look any more formidable or imposing, but underneath its tough exterior is a prized heart that tastes wonderfully nutty and creamy with a gentle green vegetal edge. Artichokes are not difficult to prepare, though they do take a little finesse with the proper tools to make them easier to eat. Boiling or steaming are common ways to cook them. The only drawback, especially with boiling, is that the artichokes emerge water-logged and their

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Ingredients for 4

4 medium globe artichokes	1 tablespoon minced chives
2 Meyer lemons	2 teaspoons Dijon mustard
Kosher salt and freshly ground black pepper	3 tablespoons extra virgin olive oil
1/2 cup mayonnaise	

Directions

Step 1

Set the Anova Sous Vide Precision Cooker to 194°F (90°C).

Step 2

To prepare the artichokes, it will help to have kitchen scissors, a chef's knife, a vegetable peeler and a melon ball scoop or a teaspoon.

Step 3

With scissors, snip off the sharp 1/4-inch top of each leaf. With a vegetable peeler, peel off the outer layer of each artichoke stalk. (The stalk is edible when cooked.) With a chef's knife, cut off the very top 1/4 inch of the artichoke to even it out. Then, slice each artichoke in half lengthwise. Using a melon ball scoop, remove most of the inner choke.

Step 4

Fill a medium bowl or pot with cold water. Cut one lemon in half, squirt the juice into the water and toss in the spent lemon halves. Place each cut artichoke in the water, as you prep them one by one, to prevent them from oxidizing. When all the artichokes are prepped, drain the water, and discard the lemon halves.

Step 5

Divide the artichokes between 2 large zipper lock or vacuum seal bags. Season with salt and pepper. Seal the bags using the water immersion technique or a vacuum sealer on the moist setting. Place in the water bath and set the timer for 2 hours.

Step 6

Meanwhile, prepare the sauce: In a small bowl, stir together mayonnaise, chives, and mustard. Add the zest of the remaining Meyer lemon, then squeeze in 2 teaspoons of the lemon juice. Stir to combine. Season to taste with salt and pepper. Chill in the refrigerator until ready to use.

Step 7

About 10 minutes before the artichokes are finished, heat a grill to 400°F.

Finishing Steps

Step 1

When the timer goes off, remove the bags from the water bath. Remove the artichokes from the bags and pat dry with paper towels. Brush with olive oil.

Step 2

Grill artichokes until well-browned, about 4 minutes per side. Arrange artichokes on a platter with the sauce, and serve.

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