

Artichoke

Globe artichokes are the most typical variety that we see in the UK. They are available all year-round but considered best between June and November.

These are likely to pop-up in Italian dishes, but they are also a welcomed addition elsewhere. There are three key parts of the vegetable, the stem, the outer layer, and the heart.

Store:

- Fresh artichokes are best eaten on the day
- Only wash before cooking or use
- However, if it's not on today's to-do list, it can be placed in a perforated bag in the salad drawer
- Here, artichokes can last up to a couple of days
- Another option is to cut a bit from the bottom, where the stem is located.
- Then, sprinkle the whole surface with water until finally placing it in an airtight bag
- With this method, the shelf-life is extended to 5 to 7 days
- Cooked artichokes can be stored in the fridge for between 3 to 5 days

Freeze:

- Blanching before freezing is always recommended for artichokes
- It is best to trim the artichoke, leaving only the heart
- Place in boiling water for 7 minutes before then drying and cooling, ready for freezer-safe bags.

Signs of Spoilage

After its vibrant green colour, the outside layer can start to turn yellow. After this, it will turn brown or black, at which point it is safer to discard.

Some yellow or brown patches can be trimmed off from the heart. The stem is a key indicator; it should not be mushy or presenting mold.



Video Links