

Artichoke Basic

Wash artichokes under cold running water. Cut off stems at base and remove small bottom leaves. Stand artichokes upright in deep saucepan large enough to hold snugly. Add 1 teaspoon salt and two to three inches boiling water. (Lemon juice, herbs, garlic powder or onion powder may be added, if desired.) Cover and boil gently 35 to 45 minutes or until base can be pierced easily with fork. (Add a little more boiling water, if needed.) Turn artichokes upside down to drain. Cool completely; cover and refrigerate to chill. After basic cooking Artichokes can be roasted or braised in a little olive oil and season to taste.

Selection of Dips

CREAMY THAI DIP

- ¼ cup creamy peanut butter
- ¼ cup firmly packed brown sugar
- 2 tablespoons cider vinegar
- 2 tablespoons soy sauce
- 1 teaspoon sesame oil
- 1/8 teaspoon ground ginger

Combine all ingredients; mix well. Makes ¾ cup.

Variation: For "*Oriental Dip*," omit peanut butter

HONEY MUSTARD DIP

- ¼ cup prepared mustard
- 2 tablespoons cider vinegar
- 2 tablespoons soy sauce
- 2 tablespoons honey

Combine all ingredients; mix well. Makes about 3/4 cup.

HERBED MAYONNAISE

- 1 cup mayonnaise
- 1 teaspoon each chopped parsley and chives (or green onions, green part only)
- ¼ teaspoon chopped tarragon

Mix all ingredients well.

PESTO MAYONNAISE

- 1 cup mayonnaise
- 3 tablespoons or more pesto sauce (frozen is best for color)

Mix thoroughly. Adjust amounts to your taste.