



Ingredients

2 cups water
2 tablespoons lemon juice
Hearts from 6 globe artichokes (to prepare hearts see 'How to Prepare' on our website).



How to Prepare

1. Bring water and lemon juice to the boil.
2. Add artichoke hearts and bring back to the boil. Lower heat and cook for 1-2 minutes until tender but firm. (The amount of cooking will depend upon the tenderness of the globe artichoke which will relate to the age of the globe or season it was picked).
3. Remove from heat and drain. Place in iced water to cool quickly.
4. Place on paper towels to dry. Once dry (so they do not clump together in the freezer), place in desired quantities in plastic bags and put them in the freezer.
5. Before using allow hearts to defrost, then add them to your favourite dishes.

