



COOKING PASSION SINCE 1877

ARTICHOKE CONFIT WITH OLIVE OIL AND CRISPY GRILLED BACON



SERVES 4

INGREDIENTS

10 artichokes
1 litre Arbequina
extra virgin olive oil
4 g fine salt
150 g bacon
Water
1 sprig fresh parsley
½ lemon

PREPARATION

Peel the artichokes with a small paring knife, removing all but 6 cm of the stems. Remove the outer leaves and cut the artichokes in half lengthwise. Marinate in water containing the juice of half a lemon and coarsely chopped parsley.

Place artichokes in a jar. Season and pour on olive oil. Preheat the oven to 100°C VarioSteam at the highest steam setting. When the oven is hot, place the jar of artichokes inside and steam for 90 minutes.

In the meantime, wrap the bacon in cling film and freeze at -22°C for 1 hour. Then remove the cling film and slice the bacon very thinly. Preheat the oven to 140°C. Place the bacon slices on a baking sheet between sheets of parchment paper and place another baking sheet on top. Bake in the oven for 20 minutes or until crisp.

Remove the jar of steamed artichokes from the oven, let cool for 10 minutes and then open carefully and drain.

Heat the Teppan Yaki to level 7. When hot, grill the artichokes for 2 minutes. Arrange on plates, alternating artichoke halves with crisp bacon slices. Garnish with fresh parsley.