

Parmesan crusted artichokes



Consejo del chef

Remove from the oven and serve with a thin slice of Iberico ham.

Raciones para 4

8 Artichokes

Lemon

80 ml Olive oil

Oregano

Thyme

Salt

Pepper

Parmesan cheese

Iberico ham

- 1 Cut the top and stem of the artichokes. Remove the hardest outer leaves and smooth them using a knife. Half and set aside in a bowl with lemon and water.
- 2 Boil for 20 minutes in salty water. Cut the cooking process by plunging the artichokes into an ice bath. When they are cold, drain and season with oil, salt, pepper, and oregano.
- 3 Line the AirFry perforated tray with parchment paper. Grate cheese to cover the bottom of the tray.
- 4 Arrange the artichokes on top, with the cut side down, and cook in AirFry mode at 200 °C for approximately 35 minutes, or until the cheese is crispy.

Chef's Notes

<https://cookinglovers.teka.com/es/receta/alcachofa-con-crujiente-de-parmesano/>

