Artichokes soup with crispy ham

Raciones para 1

- ❏ 1 kg Artichokes
- ❏ 1/2 Onion
- ❏ 700 ml Water
- ❏ Salt
- ❏ 1 Lemon
- ❏ Olive oil
- ❏ 3 slices Ham

1. We start cleaning the artichokes. To do this we prepare a bowl with water in which we will add the lemon juice and the squeezed lemon in the artichokes.

2. We begin by removing the outer leaves, which are the hardest, until we see that the leaves are clear in colour and more tender.

3. We cut the top of the leaves and then we cut the tail. In this case, as we will prepare a cream, we will include the tail of the artichoke. We only have to peel and cut the tip.

4. With a sharp knife remove the remains of the hardes leaves left on the base of the artichoke. We will peel it in the same way as if we were peeling an apple.

5. Once we peeled artichoke, we can cut it in a half (depending on the use that we want to give it). And with the help of a scooper (which is used to make melon balls) we remove the heart of the artichoke.

6. To prepare the cream, we begin by covering the bottom of a frying pan (or pressure cooker) with olive oil and heat it over a low heat. We cut the onion, it is not necessary that they are very small pieces because then we will crush everything, and we will fry it a few minutes.

7 When lightly browned add the artichokes, water and salt and cook until the artichokes are tender. About 30 minutes traditionally pan and 15 min in a pressure cooker.

8 We cook and check until the artichokes are tender.

9 Once we have the artichokes ready, grind everything in a blender and pass by the Chinese, to ensure that there is no thread and thus get a fine cream. We correct the salt and set aside.

10 : Then we prepare ham chips in the microwave. Cover a plate with kitchen paper and put over it the slices of ham, more paper towels and another dish above. Put it in the microwave at full power about 30 seconds. If they don't get dry enough schedule another 30 seconds and check the point. They have to be dry but not harsh. If necessary we can put another 20 seconds but be careful not to burn.

11 : Once we have ham chips ready, cut it as you like. Cream should be served with ham chips and a drizzle of olive oil.

Chef's Notes

https://cookinglovers.teka.com/en/receta/crema-de-alcachofas-con-crujiente-de-jamon/