

Fried artichokes with cured ham from Navarra

COOKING
LOVERS TEKA

Raciones para

Artichokes

Water

1 Lemon

Salt

Extra virgin oil

- 1 Peel and clean the artichokes thoroughly, keeping just the tender leaves, and remove the fibres from the heart.
- 2 Place them in a bowl with water and lemon juice to avoid oxidation.
- 3 Open the artichokes carefully because we want to fry them while keeping the shape of a flower.
- 4 Fry them by putting them upside down into oil over low heat, pressing them with a wooden spoon to maintain the flower shape.
- 5 Remove from the heat when golden brown and place on a paper towel. Add some salt all over and fill the centre with cured ham chunks.

Chef's Notes

<https://cookinglovers.teka.com/en/receta/alcachofas-con-jamon-de-navarra/>

