

EL MERCADO BAR RESTAURANTE

*“Contra/dicción” Guiso
de alcauciles tradicional al más
puro estilo innovador (Traditional
artichoke stew in innovative style)*

2^o
TRADICIONAL
2018

Chef
Mercedes
Román

INGREDIENTS

CRUJIENTE GOLD 1

Flour, oil, water, salt, pine nuts
and gold dust.

PEAS SPONGE 2

peas, flour, eggs (yolks), siphon
and silicone moulds.

EGG YOLK TOFEE 3

Egg yolks, soya, sugar, lime and
orange.

ARTICHOKE STEW 4

Artichokes, peas, potatoes,
white pepper, garlic, onion and
olive oil.

ARTICHOKE HEART 5

Artichoke, apple, sweet vinegar,
sugar, oil, garlic, peppercorns
and bay leaves.

FOIE SAUCE 6

Garlic, onion, sweet wine, salt,
pepper (spice) and old mustard.

THIS IS HOW IT IS DONE

- 1 Whisk together. Heat a frying pan with a steel ring to shape it. When the water has evaporated, add the pine nuts and once cold, add the gold dust
- 2 Mix everything together. Place in the siphon with 2 batches and chill the refrigerator for 2 hours. Once cold, pour the contents into half of the mould and microwave for 50 seconds.
- 3 Grate the citrus fruit and soak in soya for 3 days with the yolks.
- 4 Confit the potatoes with the onion and garlic. Add the rest of the ingredients. Blend in the thermomix to obtain the flavour of the traditional stew in a paste.
- 5 Confit the artichoke with the oil, garlic, pepper and bay leaf. Hollow out the artichoke.
- 6 Sauté the onion and garlic. **Continue** with the foie, add the sweet wine and allow to reduce. Add the cream, season with salt and pepper and put in the Thermomix.

APPLE COMPOTE

Boil the apple with sugar and drain. Reduce the sweet wine together with the apple and a little more sugar. Place in the Thermomix.

