

## SÉPTIMO ARTE GASTROBAR

### *Alcaucil en escabeche suave sobre crema de chícharos y habitas tiernas (Soft Marinade artichoke on cream of pea and broad bean)*

*Chef:*  
*Manuel Jesús Sánchez Ramírez*

#### INGREDIENTS

*(4 people)*

##### FOR THE MARINADE 1

*4 artichokes, half red pepper, half green pepper, 2 fresh spring onions  
1 carrot, half lunero lemon, 2 garlic cloves,  
1 bay leaf, 3 cloves, 1 litre of EVOO, 300 ml of vinegar.*

##### FOR THE PEA CREAM 2

*1 k of peas, 1 potato, 200 gr. leek.*

##### FOR BEANS 3

*1 kg of beans*

##### OPTIONAL

*We will make a moringa coral (50 g of water, 30 gr of oil, 10gr. Of flour, 5 gr. Of moringa. Mix ). Pour the mixture into a very hot frying pan with the bottle in a moon shape and cook.*

#### THIS IS HOW IT IS DONE

##### 1 FOR THE MARINADE

*Clean the artichokes and put them in water with lemon. In a pot, put all the vegetables cut into thin strips (a la juliana) and the other ingredients together with the whole artichokes. Simmer for 30 minutes and set aside.*

##### 2 FOR THE PEA CREAM

*Peel the peas, potato and 200 grams of leek. All this is fried with a splash of EVOO and covered with water. Cook for up to 30 minutes. Mash and season with salt and pepper.*

##### 3 FOR BEANS

*Peel the beans and boil them in water for 20 minutes. Cool and remove the membrane. Finally, set aside.*

##### PLATE ASSEMBLY

*Put a base of pea cream on the plate, cut the artichoke into 4 parts and place them in the shape of a cross. Sauté the beans with EVOO and garlic and pour over the artichoke.*

#### TIPS AND ADVICE

*Test everything as a whole*



*1,5 Hours  
Medium*