

HUERTA

XI JORNADAS GASTRONÓMICAS

MALABATA RESTAURANT

Verde Cuaresma (Green Lent)

Chef
Francisco Pérez Calero



1^{er}
TRADICIONAL
2022

INGREDIENTS

Artichokes,
EVOO, Broad
beans,
Oloroso (wine)
Green peas,
camomile
Cuttlefish,
Salt, sea lettuce,
Pepper
Onion,
Cayenne pepper,
garlic, black salt,
bay, mint

TIPS AND ADVICE

Use of local vegetables. Use small beans to avoid skin texture. Oloroso from Bodegas Urium, spectacular throughout its range



TIME/DIFFICULTY:
1,5 Hours/low

THIS IS HOW IT IS

- 1 Cut the cuttlefish and sear them in a pot over high heat with garlic and skin. Set aside and add the onions, the sliced garlic and poach. Add the cuttlefish, green peas, a bay leaf, 1 cayenne pepper and a glass of camomile. Cook for an hour until the flavours are well blended. Once ready, make a purée and set aside.
- 2 We confit the broad beans and then season them with laminated garlic, salt, pepper and a splash of Oloroso, cook until the alcohol burns off and the sauce is enhanced.
- 3 Confit the artichokes and sear them in a frying pan upside down marking the petals.
- 4 Clean some Conil green pea pods and sauté them raw with sliced garlic, pepper and a dash of vinegar until golden, without losing the texture. Fry some sea lettuce leaves at 140 degrees and set aside
- 5 Place the green peas puree with the cuttlefish on a deep plate, and on top of this, the marked artichoke. Finish with the sautéed green peas, the sea lettuce, a little of the Oloroso sauce and finely chop a mint leaf. Season with black salt.

