

EL MERCADO  
BAR RESTAURANT

*Chícharo, alcauciles y habas*  
(Peas, artichokes and broad beans)

Chef:  
*Antonia Mendoza Muñoz*

INGREDIENTS

Peas  
Cream, eggs,  
artichokes,  
spring  
onions, olive  
oil,  
Broad beans,  
Oloroso  
(wine) food  
gold  
Sprockets,  
mustard,  
pistachios,  
sugar  
Rice paste (spice)  
Pepper  
Foie, salt, Vinegar

THIS IS HOW IT IS DONE

- 1 *Boil the vegetables with water and salt*
- 2 **FOIE SAUCE**  
*Sauté the spring onion with the foie, add the wine, cream, mustard, sugar and pepper. Blend and pass through a chinois.*
- 3 *For the crisp: Brush the rice dough with egg, fill with the crushed pine nuts and bake in the oven at 160 degrees for about 10 minutes.*



**TIME/DIFFICULTY:**  
25 Minutes/ Medium