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INNOVADORA
2019

HUERTA
XI JORNADAS GASTRONÓMICAS

SÉPTIMO ARTE GASTROBAR RESTAURANT

*Habas escabechadas con
espuma de alcaucily tierra
de chícharo*
(Marinade broad beans with
artichoke foam and pea soil)

Chef
Manuel J. Sánchez Ramírez

INGREDIENTS

MARINADE 1

1 kg broad beans, 1 red pepper, 1 green
pepper, 2 carrots, 1 onion, peppercorns,
5 garlic cloves, olive oil 600ml, 200ml
Vinegar, ½ lemon.

PEA SOIL 2

1Kg of peas

ARTICHOKE FOAM 3

1Kg of artichokes

ARTICHOKE HEART 4

Artichoke, apple, sweet wine, sugar,
oil, garlic, peppercorns and bay

FOIE SAUCE 5

Garlic, onion, sweet wine, salt, pepper
and old mustard.

THIS IS HOW IT IS

- 1 Add the peppers, carrots, onion and the other ingredients in a pot, except the beans. Simmer until vegetables are soft. Then add the beans and leave to cook for another 10 minutes and remove from the heat.
- 2 The peas are put in the oven for one and a half hours at 80 degrees. When they are cold, blend them with the Thermomix.
- 3 Clean and cook the artichokes; once cooked, grind them, pass them through a chinois and add them to the siphon.

PLATE ASSEMBLY

Peel the beans and place them in a round mold, filling the base and sprinkle with a little of marinade. Pour the artichoke foam on top of the broad beans and finish with a line of pea soil.