CRISPY ARTICHOKES WITH SOFT EGG AND RED PESTO



Menù Ingredients

1 Carciofi alla Giudia - HD307

45 g. Pesto rosso - Red pesto - CG0K

q.s. Olio extravergine di oliva - Extra Virgin Olive Oil - EKC

Ingredients

q.s. Oil for frying

n° 1 Egg

q.s. Salt & Pepper

q.s. Micro Greens

Chef: Maurizio Ferrari

Method

Cook the egg with the sous-vide technique at 63 ° C or 145° F for 40 minutes. Cut the Giudia Artichokes into 4 parts, fry them in oil 2 times so that they become crunchy. Heat the Red Pesto and place it in the center of a plate, place the egg over the sauce, the Fried Artichokes around it, garnish with micro basil and a drizzle of extra vegine olive oil.

Gluten Free Method

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