

Confit Artichoke Flower with Soy Cured Egg Yolk and Smoked Cecina Crumb



PREP TIME
15 MINS



COOK TIME
1HR 5 MINS



TOTAL TIME
1HR 20 MINS



SERVES 2



EASY

Ingredients

2 large globe artichokes
500ml extra virgin olive oil (for confit)
2 fresh egg yolks
100ml soy sauce
4 slices smoked cecina
Extra virgin olive oil, to finish
Sea salt to taste

Method

Trim and peel the artichokes, removing the tough outer leaves and choke. Turn neatly into heart shapes and keep in acidulated water to prevent browning.

Place the artichokes in a small saucepan and cover completely with olive oil. Cook gently over very low heat (around 90–100°C) for 45–60 minutes until tender. Remove from the oil and allow to cool.

Gently place the egg yolks in a bowl and cover with soy sauce. Cure for 1 hour, then carefully remove and set aside.

Lay the cecina slices on a plate and microwave on high for around 3 minutes until crisp. Cool slightly, then crush into a coarse crumb using a pestle and mortar.

Gently press the confit artichokes open into a flower shape. Heat a frying pan with a little olive oil and fry the artichokes cut-side down until golden and crispy on the edges.

Place the artichoke flower onto a plate, crown with the soy-cured egg yolk, and scatter over the smoked cecina crumb. Finish with a generous drizzle of extra virgin olive oil. Serve as a refined starter or part of a tapas spread alongside a glass of chilled Manzanilla or a light-bodied Rioja Blanco.

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