

# Artichoke medley sous vide

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**Cooking time:** 35 minutes



## Ingredients

For 6 servings

12 artichokes  
Marjoram, 1 small bunch  
200 ml cream  
3 eggs  
1 laurel leaf  
2 pears  
2 g saffron  
80 g Pecorino cheese  
100 g celery  
Extra virgin olive oil  
Salt and pepper

## Preparation

Fill and preheat your **fusionchef** water bath to 75 °C.

Clean 6 artichokes, remove the choke, place in a vacuum bag, seal with the marjoram. Submerge the pouch completely into the sous vide water bath and cook at 75 °C for 20 minutes. Blend, pass through a sieve, add the cream and eggs, season with salt and pepper. Pour the compote into 6 individual buttered moulds and cook in the oven for 30 minutes at 160°C.

Clean 3 artichokes, remove the choke, cut into wedges, season with salt and pepper, place them in a vacuum bag with the laurel, cover with oil, seal and place in the sous vide water bath to cook at 75 °C for 15 minutes. Allow to cool.

Fill and preheat your **fusionchef** water bath to 60 °C.

Peel the pears, vacuum seal them with the saffron and submerge completely into the sous vide water bath to cook at 60 °C for 15 minutes and allow to cool.

Clean the remaining artichokes, remove the choke, julienne and season with salt, pepper and oil.

Arrange the sformati on the serving dishes, carefully place the oil cooked artichokes and raw artichokes around them with the pear wedges, Pecorino shavings and julienne of celery.