

Steamed artichokes

Cuisine: **Spanish**
Food category: **Vegetables**



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Program steps

Preheating: 130 °C

1

Steaming

Termination by time

00:15 hh:mm

100 °C

50 %



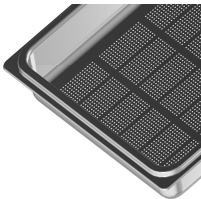
Ingredients - number of portions - 6

Name	Value	Unit
artichokes	12	pcs

Directions

Cook whole unpeeled in perforated trays, once cooked we can peel and use as desired. Grill, salad, starter, vinaigrette, garnish ...

Recommended accessories



GN container Stainless steel perforated