

Steamed artichokes

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



Author: [Alejandro Platero](#)

Company: [Retigo Spain SL](#)



Program steps

Preheating: 130 °C

1

 Steaming

 Termination by time

 00:15 hh:mm

 100 °C

 50 %

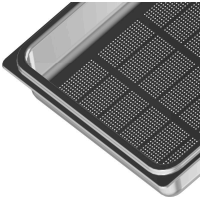


Ingredients - number of portions - 6		
Name	Value	Unit
artichokes	12	pcs

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