

ROAST ARTICHOKE BOTTOMS



Tested on model:
CDT-110E



Weight before cooking:
6.400 g
Weight after cooking:
5.640 g














Servings:
40



Recommended tray or
grill:
4 nonstick t. GN 1/1
40 mm



Total time:
25'

PHASE									
1		15%	160°	17'	---	---	L	YES	C
2		0%	185°	8'	---	---	H	YES	O
3									
4									
5									
6									

INGREDIENTS

Frozen artichoke bottoms: 6.000 g
Rosemary: 48 g
Sage: 48 g
Garlic: 30 g
Olive oil: 180 g
Fine salt: 90 g

PREPARATION

Defrost artichoke bottoms in the fridge the night before cooking.

Finely mince garlic, rosemary and sage, add salt and evenly season the artichokes with this mixture and olive oil. Place the artichoke bottoms upside down on the trays.

Preheat the oven and cook following the parameters.