



PAESTUM ARTICHOKE PDO CHIP AND GUACAMOLE

Categoria: Side dishes **Tempo di preparazione:** 30 minuti **Difficoltà:** medio 

Ingredienti per 4 porzioni

For the chip:

- 1 bowl of cold water
- juice of 1 lemon
- 4 artichokes
- 4 eggs, beaten
- flour, as needed
- 500 g breadcrumbs
- salt, to taste
- pepper, to taste
- 1 litre sunflower

For the guacamole:

- 2 ripe avocados
- ½ clove of garlic
- juice of 2 limes
- salt, to taste
- pepper, to taste
- extra virgin olive oil, as needed

A great Sunday classic, revisited in a modern way, the accompanying sauce is a guacamole that will give the dish an extra kick.

Difficulty: **medium**

Cost: **low**

Preparation time: **30 minutes**

Serves: **4**

Method

Add the lemon juice to the bowl of water.

Cut the ends off the artichokes (about 2-3cm) and remove the hard exterior leaves, keeping the tender ones.

Use a paring knife to remove the fibrous layer of the stem, until you get to the tender part.

Cut the artichokes in half and with a small knife cut out the choke.

Then julienne cut the artichokes and immediately plunge them into the water with the lemon juice, making sure they are covered.

Now make the guacamole: cut the avocado in half, remove the stone, peel and cut into small dice, out in a liquidizer with the lime juice, garlic, salt and pepper and pulse.

Drizzle the extra virgin olive oil in the mixture until you get a smooth, quite firm cream, put it in a bowl, cover with cling film making sure there is no air and place in the refrigerator.

Drain the artichokes and pass them first in flour, then in the beaten egg and finally in the breadcrumbs to coat them.

Heat the sunflower oil in a deep frying pan, fry the artichoke chips in small batches until golden and crisp.

Drain well on absorbent paper.

Salt the chips, arrange on a serving plate accompanied by the guacamole. Enjoy!

Enjoy from **chef Andrea Moio!**

