

Fried Giudia Artichokes 油炸罗马风格蓟芯



Ingredients:

Artichokes 3, bread crumbs 100g, grated parmesan cheese 80g, flour 100g, salt and pepper to taste, prosciutto di parma 12, fresh chopped parsley 1 pinch, egg whole 3.

Preparation:

1. Drain the Giudia Artichoke from there own liquid, and cut them in quarters.
2. In a bowl beat the eggs with a little parmesan, salt & pepper, fine chopped parsley.
3. Bread the Artichoke wedges by coating them with flour first, then beaten Eggs and Bread Crumbs.
4. Pre-heat the oil at 180°/200° then fry the wedges. Once golden brown Dry the artichoke from the oil in excess

配料：面包碎屑 100g，碎帕莫森干酪 80g，面粉 100g，盐和胡椒适量，意大利熏火腿 12 片，新鲜切碎欧芹 1 撮，鸡蛋 3 只。

制作方法：

1. 将蓟芯自身的水分沥出，然后切成小块。
2. 将鸡蛋打入碗中，加入适量的帕默森干酪，盐，胡椒粉，碎西芹，并一同搅拌。
3. 然后用面粉包裹洋蓟，再将面包屑撒入已打散的鸡蛋中并搅拌均匀，随后淋在洋蓟上。
4. 先将油预热至 180-200 摄氏度，然后将加工过的洋蓟轻放于锅中，待颜色变为金黄色即可将洋蓟取出并沥干多余油份。

