



CYNARA

Cook with fun

10+1 Delicious Recipes
with Cynara Artichokes

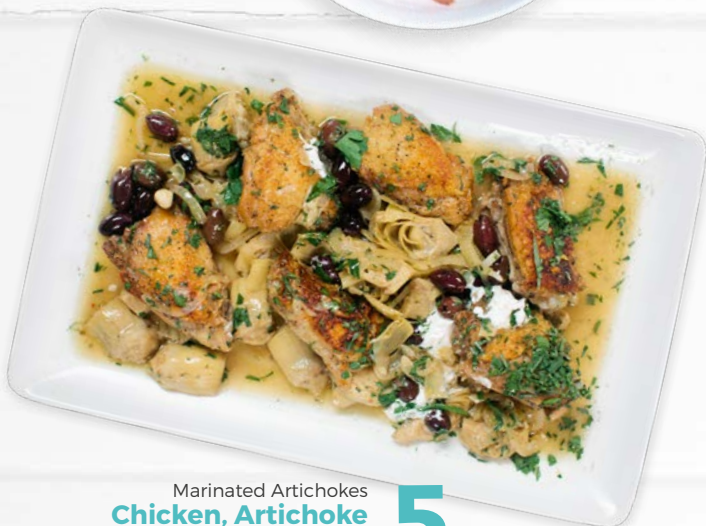


1 Grilled Artichokes
**Pizza with Artichokes,
Taleggio and Fried Egg**

Artichokes Hearts in Water
**Artichoke and Prosciutto
Risotto with Basil Oil** **2**



8 Artichokes Hearts in Water
**Artichoke Tempura
with Sweet & Sour
Dipping Sauce
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Marinated Artichokes
**Chicken, Artichoke
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Artichokes Hearts in Water
**Salmon with
Artichokes, Brown
Butter and Capers** **9**





3 Marinated Artichokes
**Egg, Potato and
Artichoke Pressed
Sandwich**



Artichokes Hearts in Water
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Cakes with Fried Egg** **4**



6 Artichokes Hearts in Water
**Roasted Butternut
Squash with Artichokes**



Marinated Artichokes
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10 Marinated Artichokes
**Cannellini Bean
Soup with Artichokes,
Kale and Clams**

Pizza with **Cynara** Artichokes, Taleggio and Fried Egg



1. Preheat oven to 500F. Set a pizza stone in the center of the oven allow to pre-heat for **30 minutes**.

2. Roll one ball of **pizza dough** into a **9 inch** round. Place the pizza crust on a pizza peel dusted with cornmeal.

3. Place the **almonds**, **garlic** and **salt** on a cutting board. Chop them finely going over them with the blade of a knife creating a paste.

4. Add the **basil leaves** and chop finely. Transfer this mixture to a bowl and add the **olive oil**. Mix to combine.

5. Spread the **sliced taleggio** over the top of the par-baked pizza crust. Divide the **Cynara Grilled Artichokes** over them.

6. Crack one **egg** into a small bowl. Slide the egg over the center of the pizza. Drizzle the top of the pizza with the almond-basil pesto.

7. Slide the pizza onto the stone and bake for **8 to 10 minutes** until the egg is set and crust golden. Top with fresh basil leaves, grated **Parmesan** and **paprika**.

8. Repeat all steps with the second ball of pizza dough.

- ✓ 1/4 cup raw almonds
- ✓ 2 garlic cloves, peeled
- ✓ 1/4 teaspoon salt
- ✓ 1 cup packed basil leaves, plus more for topping
- ✓ 1/4 cup extra virgin olive oil
- ✓ 2 9-inch round pizza dough bases
- ✓ 2 tablespoons cornmeal, for dusting
- ✓ 4 ounces taleggio cheese, sliced
- ✓ 1 14.75 ounce jar Cynara Grilled Artichokes
- ✓ 2 large eggs
- ✓ 2 tablespoons finely grated Parmesan cheese
- ✓ Pinch of paprika



1

2 pers. ⌚ 30 min. ★ Easy

Cynara Artichoke and Prosciutto Risotto with Basil Oil



- ✓ 1/2 cup basil leaves
- ✓ 1/4 cup plus
3 tablespoons extra virgin
olive oil
- ✓ 2 6.75 ounce jars of
Cynara Baby Artichokes
Hearts in Water
- ✓ 4 slices prosciutto
- ✓ 6 cups chicken stock
- ✓ 1 medium leek, white part
only, thinly sliced
- ✓ 1 medium shallot, chopped
- ✓ Salt
- ✓ 1 1/2 cups Arborio rice
- ✓ 1/4 cup white wine
- ✓ 1/4 cup finely grated
Parmesan cheese



1. **Make the basil oil.** Put the **basil** and **extra virgin olive oil** in a blender. Blend until smooth. Pour into a small saucepan and heat for 30 seconds, then strain through a fine mesh strainer. Reserve.

2. Drain the **Cynara artichoke hearts** of all water. Take the largest artichokes and slice them as thinly as possible without falling apart. Pat them dry and reserve to make chips. Chop up the rest of the artichokes until big pieces and set aside.
Heat a sauté pan over medium high heat. Cook the slices of **prosciutto** until crispy on both sides. Remove and set aside.
In the same pan, cook the thin slices of artichoke hearts until golden. Remove and set aside.

3. Heat the **chicken stock** in a pot over low heat. You want the stock to be simmering when you are ready to add it to the risotto.
Heat a cast iron pan over medium heat. Add the extra virgin olive oil, **leek**, **shallot** and a large pinch of **salt**. Cook until soft but not browned while stirring occasionally, about 7 minutes.

4. Add the **Arborio rice** and stir for 30 seconds so the rice kernels are coated in extra virgin olive oil. Add the **white wine** and let it evaporate. Start adding the chicken stock 1/2 cup at a time. Stir constantly and continue adding more stock as the rice absorbs it all. Continue cooking until rice is all dente, about 20 minutes.

5. Add the chopped Cynara artichoke hearts, stir and cook for another 2 minutes. Add the **Parmesan** and adjust seasoning if needed.

6. To serve, ladle risotto into a bowl. Top with artichoke chips, crispy prosciutto and basil oil.

Egg, Potato and **Cynara** Artichoke Pressed Sandwich



1. Place the **potatoes** and **eggs** in a medium pot. Cover them with cold water, cover the pot and bring to a simmer. Cook the eggs for 10 minutes and remove them with a slotted spoon. Immediately submerge them in ice water to stop the cooking process.

2. Continue to cook the potatoes for 5 more minutes. Drain the potatoes and when they are cool enough to handle, peel them.

3. Peel the eggs.

4. Chop the potatoes and eggs into medium dice. Combine them in a bowl with the chopped **Cynara Marinated Artichokes**, **green onions**, **chives**, **mayonnaise**, **salt** and **black pepper**.

5. Heat a Panini press or griddle. Spread the salad over bread and top with **lettuce** and another **slice of bread**.

6. Press the sandwich until golden and crispy. Serve immediately.

- ✓ 1 pound red potatoes
- ✓ 3 large eggs
- ✓ 1 14.75 ounce jar of Cynara Marinated Artichoke Hearts, drained and chopped
- ✓ 1/4 cup green onions, thinly sliced
- ✓ 3 tablespoons chives, finely chopped
- ✓ 3/4 cup mayonnaise
- ✓ 1 teaspoon salt
- ✓ 1/2 teaspoon black pepper
- ✓ 6 leaves of lettuce
- ✓ 12 slices of whole-grain bread





Quinoa and Cynara Artichoke Cakes with Fried Egg

1. Bring 1 cup of water to a boil in a small saucepan over high heat. Add **quinoa** and 1/4 teaspoon of **salt**. Stir, reduce heat to medium low, cover with a lid, and cook for 20 minutes until quinoa has absorbed all the water and it's tender. Set aside to cool.

2. Heat a medium sauté pan over medium high heat. Add the **extra virgin olive oil** and cook the **onions** and **garlic** for 3 minutes. Add the **Cynara Petite Artichokes**, 1/4 teaspoon salt, coriander, and **black pepper**, and cook for another 2 minutes. Set aside to cool slightly.

3. In a bowl, whisk together the **eggs**, **breadcrumbs**, **Parmesan cheese**, **parsley**, and **chives**. Add the cooled quinoa and artichoke mixture. Stir to combine.

4. Heat a large sauté pan over medium high heat. Add enough extra virgin olive oil to cover the bottom of the pan. Spoon 1/4 cup of the mixture and shape it into a round cake. Add enough cakes to the pan without overcrowding it. Cook for 3 minutes on each side or until golden. Finish frying all the cakes. Drain them on paper towels if needed.

5. Fry the **eggs** in olive oil. Heat a small non-stick sauté pan over medium high heat. Add enough olive oil to cover the bottom of the pan. Crack one or two eggs at a time.

6. Season the top with salt and with the help of a spoon, baste the tops of the eggs with the hot oil. Cook until the white is set, the edges are crispy and the yolk is still runny.

7. Serve the quinoa cakes topped with the fried eggs.

- ✓ 1/2 cup quinoa, rinsed
- ✓ 1/2 teaspoon salt
- ✓ 2 tablespoons extra virgin olive oil, plus more for frying
- ✓ 1 small yellow onion, small diced
- ✓ 1 garlic clove, minced
- ✓ 1 14.75 ounce jar Cynara Petite Artichoke Hearts in Water, chopped into small pieces
- ✓ 1/4 teaspoon coriander
- ✓ 1/4 teaspoon black pepper
- ✓ 2 eggs
- ✓ 1/2 cup panko-style breadcrumbs
- ✓ 1/2 cup finely grated Parmesan cheese
- ✓ 2 tablespoons finely chopped parsley
- ✓ 2 tablespoons finely chopped chives
- ✓ 4 to 6 large eggs, depending how many people serving

Chicken, **Cynara** Artichoke and Olive Stew

- ✓ 6 chicken thighs, excess fat and skin trimmed
- ✓ Salt and pepper
- ✓ 2 tablespoons extra virgin olive oil
- ✓ 1 small fennel bulb, peeled and thinly sliced
- ✓ 1 small yellow onion, peeled and thinly sliced
- ✓ 4 garlic cloves, peeled
- ✓ 2 14.75 ounce jars of Cynara Marinated Artichoke Hearts
- ✓ 1/4 cup chicken stock
- ✓ 2 tablespoons finely chopped parsley
- ✓ 2 tablespoons finely chopped tarragon
- ✓ 2 tablespoons finely chopped fennel fronds
- ✓ 2 tablespoons sour cream
- ✓ 1/2 cup pitted kalamata olives



1. Heat a large cast iron pan over medium high heat. Season the **chicken thighs** with **salt** and **pepper**. Add the **extra virgin olive oil** and brown the thighs skin side down first. Cook for 5 minutes on each side until golden brown. Remove the chicken from the pan and set aside.

2. Add the **fennel**, **onion** and **garlic** to the pan and stir scrapping any bits and pieces from the bottom of the pan. Season with a pinch of salt and pepper and cook for 5 minutes until tender. Add the chicken back in the pan, the **artichokes** and **chicken stock**. Cover the pan and simmer over medium low heat for 45 minutes.

3. Add the chopped **herbs**, **sour cream** and **olives** and serve immediately.





Roasted Butternut Squash with **Cynara** Artichokes



- ✓ 2 1/2 pounds butternut or kabocha squash, peeled, seeded, and cut into wedges
- ✓ 2 10.2 ounce jars Cynara Florette Artichoke Hearts in Water, drained and halved
- ✓ 3 tablespoons extra-virgin olive oil
- ✓ 3 sprigs fresh thyme
- ✓ Zest of 1 small lemon, finely grated
- ✓ 1 1/2 teaspoons coarse salt
- ✓ 1/2 teaspoon freshly ground pepper
- ✓ 1/2 teaspoon piment d'Espelette or hot paprika



Preheat oven to 425F.

1. Toss **all ingredients** in a large baking sheet and bake for **45 to 50 minutes** until golden brown.
2. Serve immediately.

Frittata with **Cynara** Artichokes, Tomatoes and Ricotta



- ✓ 6 eggs
- ✓ 1/4 cup (60 ml) heavy cream
- ✓ 2 tablespoons grated Parmesan, more for topping
- ✓ 2 tablespoons finely chopped chives, more for topping
- ✓ Pinch of salt
- ✓ Pinch of coarse black pepper
- ✓ 2 tablespoons olive oil
- ✓ 1/2 medium yellow onion, sliced
- ✓ A 14.75 ounce jar of Cynara Marinated Artichoke Hearts, drained
- ✓ 6 ounces cherry tomatoes, halved
- ✓ 4 ounces whole-milk ricotta

1. Preheat oven to 350°F.
2. In a medium bowl, whisk together the **eggs, heavy cream, Parmesan, chives** and pinch of **salt** and **pepper**. Set aside. Heat a 10-inch non-stick oven-proof sauté pan over medium heat.
3. Add **extra virgin olive oil** and **onions**. Season with a pinch of salt and pepper. Cook over medium to low heat until onions are tender and slightly caramelized. Add the **Cynara Marinated Artichoke Hearts** and cook for another minute.
4. Add egg mixture and stir the center with a spatula to allow it to cook slightly. Place the **tomatoes, ricotta** and chives on top.
5. Transfer to the oven and finish baking for another 12 to 15 minutes.
6. Slide onto a plate and serve warm topped with more shaved Parmesan and fresh chives.

Cynara Artichoke Tempura with Sweet & Sour Dipping Sauce and Spicy Aioli



SPICY AIOLI

1. Whisk together all of the ingredients.
2. Taste and adjust the salt, pepper, and sriracha to preference.
3. Refrigerate until ready to serve.

SWEET AND SOUR DIPPING SAUCE

1. In a small bowl, whisk together **cornstarch** and **water** to create a slurry. Set aside.
2. In a medium saucepan, combine **pineapple juice**, **rice vinegar**, **brown sugar**, **ketchup**, and **soy sauce** and bring to a boil over medium heat. Stir in cornstarch slurry and cook until thickened, about 1-2 minutes. Remove from heat and use immediately or store in an airtight container in the refrigerator for up to two weeks.

TEMPURA

1. Line two baking sheets with paper towels.
2. Fill a heavy-bottomed pot with 3-4 inches of **vegetable oil**. Heat the oil to 375F using a candy thermometer.
3. Meanwhile, whisk together the **rice flour**, **seltzer water**, and ½ teaspoon **salt** in a medium bowl. Add more rice flour or seltzer as needed until the batter resembles a thick pancake batter.



4. When the oil reaches 375F, coat each **Cynara artichoke heart** in the batter. Carefully transfer with a slotted spoon to the hot oil.
5. Fry until lightly golden brown, about 3 minutes. Use a slotted spoon to transfer the artichoke hearts to the paper towel lined baking sheets. Sprinkle with salt.
6. Serve immediately.

SPICY AIOLI

- ✓ 1/2 cup mayonnaise
- ✓ 1 1/2 tablespoons water
- ✓ 1/2 tablespoon tomato paste
- ✓ 1 small clove garlic, finely minced or grated
- ✓ 1/2 tablespoon melted butter
- ✓ 2 teaspoon sugar
- ✓ 4 dashes sriracha
- ✓ 1/4 teaspoon paprika
- ✓ Dash of cayenne
- ✓ Pinch salt & pepper

SWEET AND SOUR DIPPING SAUCE

- ✓ 1 tablespoon cornstarch
- ✓ 1 tablespoon water
- ✓ 2/3 cup pineapple juice
- ✓ 1/3 cup rice vinegar
- ✓ 1/3 cup light brown sugar
- ✓ 3 tablespoons ketchup
- ✓ 1 tablespoon soy sauce or Tamari

TEMPURA

- ✓ 2 (10.2 ounce) jars Cynara Florette Artichokes Hearts in Water, drained and patted dry
- ✓ 3-4 cups vegetable oil
- ✓ 1 1/2 cups white rice flour
- ✓ 1 1/2 cups cold seltzer water or club soda
- ✓ 1/2 teaspoon salt, plus more to taste



- ✓ 4 (6 ounce) pieces of wild salmon
- ✓ Salt and pepper
- ✓ 1 tablespoon extra virgin olive oil
- ✓ 2 tablespoons butter
- ✓ 1 jar (14.75 ounces) Cynara Petite Artichoke Hearts in Water, drained and sliced
- ✓ 2 tablespoons capers, drained
- ✓ 2 tablespoons toasted hazelnuts, chopped
- ✓ 2 tablespoons finely chopped parsley
- ✓ Finishing salt

Salmon with **Cynara** Artichokes, Brown Butter and Capers

1. Season the **salmon** with **salt** and **pepper**.

2. Heat a sauté pan over medium high heat. Add the **olive oil** and the pieces of salmon. Cook for 3 minutes on one side until it develops a bit of a crust. Gently flip over and finish cooking keeping center pink.

3. Remove the salmon on to a plate and reserve covered with foil.

4. Add **butter** to the pan and cook until milk solids turn brown and has the aroma of nuts. Add the **Cynara artichokes** and **capers** and toss in brown butter. Spoon this over the salmon.

5. Top with **hazelnuts**, **parsley** and **finishing salt**.

- ✓ 2 tablespoons extra virgin olive oil
- ✓ 4 slices bacon, thinly sliced
- ✓ 1 large shallot, minced
- ✓ 1 clove garlic, minced
- ✓ 1 fennel bulb, diced
- ✓ 3 kale leaves, tough rib removed and thinly sliced
- ✓ Pinch of salt
- ✓ 2 14 ounce cans cannellini beans, drained and rinsed
- ✓ 2 14.75 ounce jars Cynara Marinated Artichokes Hearts, drained and sliced in half
- ✓ 2 cups chicken stock
- ✓ 2 dozen clams (little necks or manila clams)
- ✓ 1/2 cup white wine
- ✓ Bunch of chervil

Cannellini Bean Soup with Cynara Artichokes, Kale, Bacon and Clams

1. Heat a medium cast iron pan over medium heat.
2. Add the **extra virgin olive oil** and **bacon**. Cook until golden and crispy. Remove the bacon from the pan and set aside.
3. Add the **shallot, garlic, fennel** and **pinch of salt** and cook over medium heat stirring occasionally for 10 minutes or until tender but not too brown.
4. Add the **kale** and cook for 2 minutes. Add the **beans, Cynara artichokes** and **chicken stock**. Bring the chicken stock to a simmer and cook for another 10 minutes.
5. Heat a medium pot over medium high heat. Add the **clams** and **white wine**. Cover the pot and cook until the clams open. Remove them from the pot as soon as they are open. Some might open sooner than others so keep checking and taking them out in batches.
6. Discard any unopened clams. Strain the cooking liquid and add it to the beans. Add the clams into the soup, stir and serve topped with **chervil** and **bacon**.



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RECIPE

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THAT YOU PREFER
AND PASTE IT INTO
THIS PLACE

INGREDIENTS

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CYNARA


Delectable with every bite

NEW
RELEASE

Cynara Artichoke Chyps are a delicious and healthy snack to fuel up anytime & anywhere. Processed from fresh artichokes, collected and handpicked with great care to keep their flavor, to guarantee a crunchy bite and maximize full enjoyment of all its qualities.



Discover our new recipes online cynara.net/us/recipes.
For more information, please contact us at: info@cynara.net.

A top-down view of fresh artichokes and ingredients on a white surface. On the left, a glass of yellow liquid. In the center, a whole artichoke and a partially peeled one. On the right, a pile of white salt.

Cynara presents **Cook with fun**- a recipe book, that includes 10 + 1 recipes, whose main ingredients are the artichokes, **delectable with every bite!**

These 10 delicious, surprisingly easy and fun to cook dishes will help you conquer your dinner guest's hearts. Or their bellies!

And, the +1? Easy! You are going to create this one. Choose the **Cynara product** that you prefer and **create your own recipe**. Share it on Facebook, Instagram or Twitter and don't forget to tag us!

How to use:

Search the index for the recipe you feel like cooking, according to the day, the time, the season and how hungry you are. Go to the corresponding page and voilà!

If the title of the recipe is in **green color**, the main ingredient is **our natural artichoke**: soft and light.

But if it's **turquoise**, it is **our specialty**, tasty and with a lot of rock'n'roll!

Now, **#cookwithfun** and enjoy!

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