

SUPERSTRACCIA, ARTICHOKE  
& TOMATO EN CROUTE

---

Gary Parsons, *H&B Executive Chef*

**HARVEY & BROCKLESS**  
*the fine food c<sup>o</sup>*

Whatever we do, from sourcing amazing food  
to delivering it on time,  
we always stick to one simple rule...

*an absolute dedication to honest, authentic, remarkable food.*

# SUPERSTRACCIA, ARTICHOKE & TOMATO EN CROUTE

*Chef Gary Parsons*

## *Ingredients*

SERVES 1

---

<b>VE007 Julienne Bruno Superstraccia</b>	<b>160g</b>
<b>MA160 Dell'ami Italian Sundried Tomatoes in Oil</b>	<b>8 each</b>
<b>MA200 Dell'ami Grilled Artichoke's</b>	<b>4 each</b>
<b>DA604 Dell'ami Nut-free Green Pesto</b>	<b>10g</b>
<b>IN165 Cornish Sea Salt Flakes</b>	<b>5g</b>
Puff Pastry Sheet, 18cm x 11cm	1 sheet
Dried Oregano	2g
Flat Leaf Parsley, chopped	4g
Rocket, washed	10g



TOMATO & ARTICHOKE EN CROUTE  
*with Julienne Bruno Superstraccia and Dell'ami Pesto*

### *Method*

1. Pre heat the oven at 180 degrees with the baking tray in the oven to keep it warm.
2. Cut the puff pastry sheet into 18cm x 11cm rectangle. Using a knife cut a 2cm border around the edge. Once you have made the border, press a fork multiple times into the puff pastry but keep within the border you have created.
3. Gently, brush a bit of oil from the sundried tomatoes over the pastry. Sprinkle over some sea salt flakes and dried oregano. Place the pastry in the fridge for 30 minutes.
4. Add the chopped parsley and the superstraccia into a bowl and mix together. Once mixed, season with salt and pepper.
5. Remove the puff pastry from the fridge and carefully place onto the pre-heated baking tray. Put the pastry into the oven for around 15 to 20 minutes or until golden brown.
5. Once the pastry is golden, take it out of the oven and set aside to cool. Once cool, carefully spoon the mixed superstraccia onto the pastry. Chop the artichokes and tomatoes, then arrange them over the pastry with a drizzle of pesto. Finish with a sprinkle of rocket.

---

*Julienne Bruno Superstraccia*

A fresh, rich and creamy plant-based curd. Perfect for a topping on pasta, pizza, sandwiches and salads.

*Dell'ami Italian Sun-dried Tomatoes*

Marinated with fennel seeds and bay leaves, these plum tomato halves are naturally field-dried under the Italian sun and have great colour and sweet umami flavour.

*Dell'ami Grilled Artichoke's*

Chargrilled and marinated baby artichoke halves from Puglia. Strangely part of the thistle family, our artichokes are picked while still small, so no 'choke' to worry about.

*Dell'ami Nut-free Green Pesto*

A simpler nut free version of our finest green pesto, the same intense, field-grown Italian basil is blended with sunflower oil, vegetarian Italian hard cheese and garlic.

*Cornish Sea Salt Flakes*

A pebble's throw from the Atlantic Ocean, the salt house that produces Cornish Sea Salt uses pure sea water from a protected marine zone, which is high in trace elements. It's this purity that gives the salt its fresh flavour and makes it so popular with chefs. Add a sprinkle to chocolate brownies to elevate them to new levels. .