



# January

# 2022

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## Vegetable garden curiosity

### SAVOY CABBAGE

Savoy cabbage plays an important role in dietary function in northern European countries because of its resistance to cold temperatures. This winter vegetable can be compared to citrus fruits in the Mediterranean region as a source of vitamin C, retinol and fiber.



# *inCucina* L'Ortoricetta



## Savoy Cabbage Leaf Wraps (Serves 4 people)

**Ingredients:** 10 large Savoy cabbage leaves, 300g minced beef, 600g potatoes, 80g scamorza cheese (optional), 2 cloves of garlic, one egg, 3 tablespoons of extra virgin olive oil, Salt and mixed peppercorns.

Peel the potatoes and boil in salted water. Meanwhile, remove the cabbage leaves from the head, avoiding the darker, harder leaves. Place the cabbage leaves for a few minutes in boiling water until they soften and set aside to cool. When the potatoes are ready, mash them with a potato masher. Add the coarsely grated scamorza cheese and the mince meat. Then season with salt and pepper. Add the egg and mix everything together. When the ingredients have cooled, open a cabbage leaf, add a couple of teaspoons of the mix, fold the leaf so as to create a small parcel and place in a non-stick pan with garlic and a drizzle of olive oil. Cook for 10 minutes over low heat with the lid on, turning occasionally. After that cook for a further 5 minutes with the heat turned off.



# February

# 2022

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## Vegetable garden curiosity

### PURPLE CABBAGE

The purple colour is due to the presence of anthocyanins. The cabbage also contains carotenoids with an antioxidant function that helps prevent inflammation. With few calories and many vitamins, this vegetable is ideal for eliminating impurities from the body.



LA MONTECCHIA  
GREEN LOUNGE BAR  
RESTAURANT

# *inCucina* l'Ortoricetta



## Purple Cabbage Salad (Serves 4 people)

**Ingredients:** 1 purple cabbage, 1 peeled shallot, 2 apples peeled and cored, 1 tablespoon of white vinegar, salt and pepper to taste, 4 tablespoons of sour cream.

Take the cabbage and remove the hard part near the stalk. Finely chop the cabbage, the apples and the shallot using either a food processor or by hand with a sharp knife. Season with salt and pepper, mix in the sour cream with the vinegar and let it rest overnight. Delicious and easy to make.



# March

# 2022

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## Vegetable gardencuriosity

### **BROCCOLI**

Broccoli is full of fiber, vitamins and minerals. It is a very filling dish and therefore is particularly suitable in weight loss diets. How can you avoid the strong smell that is released during cooking? Easy, just squeeze some fresh lemon juice in the water as it cooks.



# *inCucina* L'Ortoricetta



## Broccoli and Avocado Mimosa (Serves 2 people)

**Ingredients:** A medium sized head of broccoli, 4 eggs, 1 avocado, Half a lemon, salt and pepper.

Bring two litres of water to the boil with a pinch of coarse salt.

Break the broccoli into smaller florets, add to the boiling water and cook for about 5 minutes. Taste, it should be cooked but still firm and retain its intense green colour. Peel the avocado, sprinkle it with lemon juice and mash it with a fork on a plate. Set aside 4 broccoli florets for decoration and mash the rest with a fork and mix it with the avocado. Boil the eggs in salted water for seven minutes until they are hard boiled.

With the help of a pastry ring, spread the broccoli/avocado mash into a level base. Cool the eggs and peel them. Remove the yolks, cut them into pieces and place over the broccoli avocado mix. Place the broccoli florets on top for decoration. Add salt and pepper. Perfect as a starter or side dish.



# April

# 2022

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## Vegetable gardencuriosity

### SWISS RED CHARD

Swiss red chard is a variety of chard with a sweet taste and is easy to digest. It has excellent nutritional value with only 19 calories in a 100g serving. It has a high water content and is rich in minerals, carotenoid and fiber. Perfect for enjoying regularly at one's table.



LA MONTECCHIA  
GREEN LOUNGE BAR  
RESTAURANT

# *in Cucina* l'Ortoricetta



## Colourful Swiss Chard (serves 2)

**Ingredients:** 500 g of different coloured Swiss chard, two tablespoons of bread crumbs, extra virgin olive oil, three anchovies filet in oil, 1 clove of garlic, Salt and Pepper.

Wash and peel the chard, discarding the thicker and harder ends of the stems and place in lightly salted boiling water. Cook for 3-4 minutes from when the water boils again and then drain them. Finely chop the garlic and fry it gently for two minutes. Add the anchovies and mash them with a fork. Then add the breadcrumbs and mix well. Remove from the pan and keep warm in a bowl. Sautè the already boiled chard and serve on a dish, sprinkled with the fried breadcrumbs.





# May

# 2022

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## Vegetable gardencuriosity

### SPINACH

Spinach has been known since 1000 AD. It was introduced to Spain by the Arabs and rapidly spread all over Europe. Spinach can be found fresh all year round in Italy, with harvesting occurring from March to December in the north and from October to April in the south.



# *inCucina* L'Ortoricetta



## Spinach Gnocchi (Serves 5 people)

**Ingredients:** 700 g floury potatoes, 400 g fresh spinach, 100 g flour, Salt.

Boil the potatoes for about thirty to forty minutes. Carefully clean and wash the spinach several times and sauté for a few minutes in a non-stick pan with a lid. Peel and mash the potatoes and place the mash on a floured surface. Finely chop the cooked spinach and mix with the mashed potatoes. Season with salt and knead together for a few minutes while adding the flour to form a dough. Divide the dough into rolls of 2-3cm in diameter. Cut these rolls into smaller 2-3 cm pieces using the prongs of the fork to help shape the pieces. Arrange them on a floured cloth. Bring a large pan of water to the boil and cook the 'gnocchetti' until they float. Serve with tomato and garlic sauce with a drizzle of olive oil, or with butter and sage, whichever you prefer.



June

2022

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**Vegetable garden curiosity**

**STRAWBERRIES**

The earliest strawberry crops date back to the 17th century in France and Great Britain where farmers crossed the European and American varieties. The calorific value of these fruits is modest, while they have a considerable water and fiber content.



# *inCucina* L'Ortoricetta



## Light Strawberry and Raspberry cream

**Ingredients:** 6 raspberries to decorate, 300 g sheeps milk ricotta, 2 punnets of strawberries, 3 eggs, 4 tablespoons of white sugar, Half a lemon, 1 Vanilla pod, 1 pack of Savoirdi or lady finger biscuits.

Separate the yolks from the egg whites into two bowls. Whisk the egg yolks with half the sugar. Add the vanilla pod to the drained ricotta with a few drops of lemon juice. Add the other half of the sugar to the egg whites with some drops of lemon juice and whisk until stiff. Slowly mix together the egg yolks, the ricotta and the egg whites with a spatula to keep them from separating. Wash and clean the strawberries and blend them in a food processor. Pour some of this strawberry sauce into the glasses and alternate into layers with the chopped biscuits and cream until the glasses are filled to the top. Very delicate both in taste and in freshness. It should be consumed on the same day and kept stored well covered in the fridge.



# July

# 2022

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## Vegetable garden curiosity

### AUBERGINE

Originally from Asia, aubergines were introduced to Sicily in the 1400s. It is a low calorie vegetable but it requires attention when cooking. All aubergines, including purple aubergines, Black Beauty varieties and "Rotonda Bianca" types, have a spongy texture which easily absorbs seasoning.



# *inCucina* l'Ortoricetta



## Delicious Oven baked Aubergine slices

**Ingredients:** 2 round aubergines (approximately 500 g), 200 g cherry tomatoes, 100 g bread-crumbs, 3 tablespoons of grated parmesan cheese, basil, extra virgin olive oil, Salt and pepper.

Turn on the oven to 180°C. Wash and clean the aubergines and then cut them into thick slices. Place the aubergine slices on a baking tray covered with oven paper. Mix the breadcrumbs with the grated parmesan and sprinkle over the aubergine slices. Drizzle with olive oil and add a pinch of salt. Cut the cherry tomatoes into quarters and put them on top of the slices. Cook in the oven for about 15 to 20 minutes.



# August

# 2022

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## Vegetable garden curiosity

### MELON

Melon is one of the most antioxidant foods due to its quantity of Vitamin A and C. It is recommended for sun-tan lovers, because it stimulates the production of melanin, promoting tanning and protecting the skin from solar radiation.



# *in Cucina* l'Ortoricetta



## Refreshing Melon Smoothie

**Ingredients:** 1 peeled cucumber, 3 sticks of celery, A quarter of a melon, Half a peeled lemon.

Cut the cucumber, celery and lemon into small cubes and cut the melon into small pieces. Put everything into a blender and blend until smooth. If you do not have a centrifuge, blend all the ingredients separately and pass through a sieve.





# September 2022

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## Vegetable garden curiosity

### GREEN BEANS

There are many names attributed to green beans. They can be called 'cornetti', 'tegoline' or 'fagioli mangiatutto', depending on the region. Legumes in all respects, they are low in protein, fats and carbohydrates with excellent diuretic, remineralising and refreshing properties.

# *inCucina* l'Ortoricetta



## September Piadina (Italian flatbread) serves two people

**Ingredients:** 2 piadinas, 300g green beans, 150 g of sheep milk ricotta or a spreadable cheese, A bunch of rocket, A bunch of fresh basil, Blueberries, Extra virgin olive oil, Salt and pepper.

Clean the green beans and boil them in salted water until cooked, they should still be firm and green. Heat the piadinas in a non-stick pan. Blend the rocket with the basil and add a drizzle of olive oil. Put the piadina on a plate, place the ricotta in the centre and add the green beans and basil and rocket paste. Decorate with some leaves of rocket and basil. Add a few blueberries and serve.



# October

# 2022

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## Vegetable gardencuriosity

### BEANS

There are estimated to be approximately 500 varieties of beans. Cannelini and Borlotti beans are the best known in Italy. They are very nutritious fresh, dried or canned, with lots of fiber, carbohydrates and proteins and that are good for the body.



# *in Cucina* L'Ortoricetta



## **Crema of fresh beans with pumpkin quenelle (Serves two people)**

**Ingredients:** 500 g of fresh beans, A quarter of a pumpkin cooked in the oven, 1 onion  
1 carrot, 1 stick of celery, Rosemary, 1,5 litres of water, Extra virgin olive oil, Salt and pepper.

Shell the beans and cook them for about 40 minutes in water with the carrot, onion and celery. Add the Rosemary and tie to the handle of the pot and remove halfway through cooking. When the beans are cooked, remove the celery and blend everything, pour into bowls, form a quenelle with the pumpkin, add salt and pepper and a drizzle of oil. Very tasty when served either hot or cold..



# November 2022

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## Vegetable gardencuriosity

### PUMPKIN

Its pulp lends itself to a thousand uses in the kitchen and can be enjoyed alone or with other vegetables. It has refreshing, diuretic and digestive properties, ideal for diabetics due to the lack of sugar.

# *in Cucina* L'Ortoricetta



## **Pumpkin gnocchi and Gorgonzola (Serves 4 people)**

**Ingredients:** 500g pumpkin, 80g parmesan, 90g flour, 150g gorgonzola, 2 tablespoons of milk, 1 egg, Water, Salt, 1 tablespoon of black sesame seeds.

Chop the pumpkin into small pieces, removing the skin and seeds. Bring the salted water to the boil and add the chopped pumpkin. Cook until soft, drain and mash with a potato masher in a bowl. Add the egg, flour and grated parmesan, mixing everything together well. With a spoon take some pumpkin mixture and gently add it to the boiling water. When the gnocchi float to the surface, they are ready. Melt the gorgonzola with the milk in a saucepan and drizzle over the gnocchi. Decorate with the sesame seeds.



# December 2022

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## Vegetable gardencuriosity

### RED CHICORY

Typically from the Veneto region, it is grown in Treviso, Chioggia and Verona, with each area's chicory having its own particularity and seasonality. In general, it is a vegetable with a low energy output, a high water content and is rich in fiber, vitamins and minerals.

# *in Cucina* **L'Ortoricetta**



## **Radicchio and Shrimp Tagliolini (Serves 2 people)**

**Ingredients:** 300g tagliolini pasta, 250 g shelled shrimp, 600 g of red radicchio, 1 shallot, Salt  
Vegetable stock, Extra virgin olive oil.

In a large pan, fry the finely chopped shallot in hot olive oil. As soon as the shallot starts to brown, add the shrimp and let them cook for a few minutes over medium heat and then remove them from the pan and set aside. Now cut the radicchio into small pieces and add to the pan, keeping aside the apex of the plant (the reddest part) which you will need to add at the end. Cook over high heat for a couple of minutes and then add half a glass of vegetable broth. Add salt, put the lid on and cook over a medium-low heat for about half an hour. Then remove the lid, by now it should be an almost creamy mixture. Now raise the heat and reduce the cooking liquid. Add the prawns and the remaining radicchio kept aside from earlier. Stir in carefully and season with salt. Cook the tagliolini 'al dente' in boiling salted water and add to the pan. Stir everything together quickly without letting the pasta dry and serve hot.