

Tuscany Cuisine

Insalata di zucca con Arrugola e caprino

Baked pumpkin salad topped with arrugola and goat cheese.

Ingridients:

Yeld:6 people

Pumpkin 2lb

Arrugola 1lb

Goat chese 8 oz

Salt

Pepper

Extra virgin olive oil.

Balsamic glaze

Preparation:

Cut the pumkin in half, remove the seeds, with a serrated bread chef knife, carefully cut the hard skin off of the pumpkin.

Wrapped the pumpkin in alluminum foil with few piecies of butter. Make sure that the foil is well sealed and not air will come in out of the bag during the cooking time.

Place the alluminum foil bag in half sheet pan, and bake at 300 dgrease for about 35 minutes.

Remove the bag out of the oven with a knife break the bag and let the hot steam came out. Let the pumpkin cool off completely at room temperature.

Than you can reaheat the pumpkin by putting few piecies in a skillet with a few drop of extra virgin olive oil and put it in the hot oven at 450 degrease for 2 minutes.

In a stainless still bowl put the warm pumpking tossed in the arrugola with few drops of balsamic glaze. Served on plate and garnished with piecies of goat cheese on the drop and drizzled around with the balsamic glaze and extra virgin olive oil.