

Stuffed pumpkin gratin flowers

Pumpkin flowers are an appetizer that are becoming more and more popular in the kitchen because it is a tasty and colorful dish to bring to the table. Easy to prepare and light to taste, thanks to this gratin and baking receipt.



1h



4 people

Ingredients

12 Flowers pumpkin
2 Zucchini
500 gr Ricotta cheese
20 gr Basil
a.r. Salt
a.r. Grated cheese

Procedure

Start with the preparation by chopping the basil very finely.
In a bowl mix the ricotta cheese with the basil and a little salt.
Once softened and blended, put the mixture into a sac-a poche and start filling the pumpkin flowers one by one.
Bake-in following the table in baking pan covered with baking paper

PHASE	TEMPERATURE	TIME	PROBE	HUMIDITY	FAN	PRE-HEATING
1	165°	40'	/	OFF	V3	ON

Afterwards cut the zucchini, then grill baked following the below table.

PHASE	TEMPERATURE	TIME	PROBE	HUMIDITY	FAN	PRE-HEATING
1	210°	10'	/	0%	V5	ON

Chef's tips

Choose pumpkin flowers with a nice bright color and with tense petals (not curled or shriveled).
Clean them carefully eliminating the stem, internal pistil and external filaments.
For a tastier but more caloric recipe, you can add mozzarella cubes, smoked pancetta or some anchovies to the filling.