



Flying Inspiration

Fly with the Feminine ...

Gabriella Guglielminotti Trivel's recipes

Pizzoccheri with pumpkin

Suggestions: a good and warming winter month recipe. Pizzoccheri are rich in carbohydrates, proteins and minerals such as magnesium, phosphorus, potassium and niacin. Pumpkin is also rich in vitamin A, C and calcium. A very quick to cook dish which is very satisfying and nourishing.

Instructions



shallots



Fry in extra virgin olive oil some finely chopped shallots, onions and anchovies. Let it all cook at low heat so that it won't burn.



rosemary



leeks

Add some fresh rosemary and finely sliced leeks.



Cut the pumpkin in slices, take out the seeds, cut off the rind, then cut the slices into cubes that you will add into the pan and let them cook for some time. Add some more oil if required or some boiling water so that the pumpkin will cook nicely and become soft. The pumpkin will mix with the onions, shallots and leeks and make a nice sauce.



pizzoccheri

sea salt



Boil some water, add some coarse sea salt to it and add the pizzoccheri (buckwheat pasta). As soon as the pizzoccheri are getting soft, drain the water and add them to the pan where you have been cooking the sauce.



Stir the sauce and the pizzoccheri together and add some freshly ground black pepper.



If you like this recipe, I would like to read your comments!
Contact me on www.flyinginspiration.com