



Pumpkin and courgette cream with milk cloud



Categoria
Sopas



Tempo de preparação
Rápido



Dificuldade
Médio



Custo
Low



Com quem?
With family



Nº de pessoas
4 pessoas

Ingredientes



1dl of Gallo Extra Virgin

- 8dl of vegetable stock
- 250g of potatoes
- 50g of onion
- 125g of yellow pumpkin
- 200g of courgette
- 1dl of skimmed milk
- Fleur de sel, to taste
- 100g of leak

Modo de preparação

1

Heat half the Gallo Extra Virgin Olive Oil, add all solid food cut into pieces, leaving a part of the pumpkin and courgette to cut into triangles. These triangles must be cooked in the vegetable stock.

2

Without adding any stock, put a lidded pan on low heat until all vegetables are soft.

3

Then add the boiling stock. Let it boil for 5 minutes.

4

Blend everything.

5

For the milk foam, bring the milk to the boil and incorporate air using the tip of the hand blender until you get a silken foam. An excellent option, for those who have an espresso coffee machine, is to use the specific accessory for this purpose.

6

Put the cream on the place, add the triangles of pumpkin and courgette and serve with the milk cloud as a topping.

7

Drizzle with Gallo Extra Virgin Olive Oil and sprinkle salt flower on the cloud.

Produtos utilizados



Extra Virgin
Extra Virgin Olive Oil



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