




# Vegetables, fresh cheese and quinoa






A recipe by Cristian Moreschi, chef at the restaurant of the Hotel Villa Principe Leopoldo, Lugano.

## Preparation

	Time required	approx. 30 minutes
	Difficulty	Easy - For all
	Portion size	4 people

## Features

	Dish	Vegetarian - First course
	Typical product	Fresh cheese - 0 km
	Suitable in	Summer - Light meals

## INGREDIENTS

### Dish

- 300 g fresh ricotta
- 90 g robiolino (a typical fresh cheese from Ticino)
- 6 pieces of saffron-flavoured cauliflower
- 4 slices of fennel marinated in a little vinegar
- 4 organic carrots from Ticino
- 8 round carrot slices
- 4 pieces of baby turnips
- 4 pieces of romanesco
- 6 cubes of sweet-and-sour pumpkin
- 80 g white and black quinoa

### Dish

## PREPARATION

1. Amalgamate the ricotta and robiolino, passing them through a sieve so that they form a mixture that is easy to process. Place the cheese in a stone-shaped mould;
2. Freeze the cheese in the mould;
3. When you want to start making the recipe, remove the cheese from the mould and dress it with a drizzle of extra virgin olive oil, parsley and Espelette chilli, then put it to one side for the moment;
4. Rinse the quinoa and cook it in a small amount of water to prevent it losing all its beneficial properties;
5. Allow the quinoa to cool down and dress it with a little extra virgin olive oil and a little lemon juice;
6. Create a bed of quinoa for the vegetables and cheese “stones”;
7. Cook all the vegetables separately and dress the baby carrots and fennel with a small amount of white vinegar;
8. Dress the cheeses with a little chopped parsley and Espelette chilli.

### Plating up

Dress the plate as illustrated in the photo and finish with a few herbs and drops of balsamic reduction.