

# ENJOY IT'S FROM EUROPE



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# Fruit & Veg from Europe

I CHOOSE FRESH & FAIR!



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# Introduction

Fresh and seasonal ingredients are the key to eating well, and the festive season is the perfect time to get creative with I Love Fruit & Veg from Europe. Our recipes celebrate seasonal produce, offering surprising twists to create luxurious dinners and quick winter warmers.

**Tagliatelle with Basil Cream and Gorgonzola** An unctuous pasta dish that balances quick preparation with an explosion of flavour, featuring the vibrancy of basil.

**Pumpkin Flower Fritters** Irresistibly crisp treats that can be rustled up in no time.

**Porcini Mushrooms with Seared Red Prawns and Sparkling Rosé** A festive interpretation of the classic Italian 'Mare e Monti' (sea and mountains) combination, elevated by sparkling rosé and a dash of lemon.

**Artichoke, Tuna & Olive Pasta** Winter's earthy flavours shine in this hearty dish, combining fresh artichokes with store-cupboard staples.

**Turbot in Pizza with DOP Piennolo Tomatoes and Oregano** A fresh presentation of a sublime fish that showcases Italian classics - vibrant tomatoes and mozzarella - reimagined with elegant simplicity.

**Cheese and Parsley Sponge Cake** A sophisticated finale, this appetising cake offers an alternative to traditional rich desserts, with just the right balance of savoury and sweet.



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# Recipes



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# OUR CHRISTMAS AND NEW YEAR RECIPES

If you're looking to add a touch of colour to your Christmas and New Year menu, look no further than I Love Fruit & Veg from Europe's range of new, inventive and nutritious recipes that showcase the very best seasonal produce.

[Click here](#)

**i Love Fruit&Veg** I LOVE FRUIT&VEG FRESH ON YOUR TABLE RECIPES PRESS/DIGITAL PR PLAY WITH US EN\_US

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SUGGESTED BY

- CHEF ALESSANDRO FRASSICA
- SUGGESTED BY CHEF ANDREA MOIO
- SUGGESTED BY CHEF MARCO SCARALLO
- SUGGESTED BY CHEFS
- SUGGESTED BY SARAH BUA
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**ZUCCHINI CAKE**  
Difficulty: easy Preparation time: 30 minutes Serves: 10  
Preparation Combine the dry ingredients together. Combine the wet ingredients together.....

**ARTICHOKE, TUNA & OLIVE PASTA**  
Preparation time: 10 minutes Cooking time: 20-25 minutes Serves: 4  
Method Remove the tough leaves from the base of...

**ARTICHOSES WITH HONEY & MUSTARD VINAIGRETTE**  
Preparation time: 10 minutes Cooking time: 20-25 minutes Serves: 4  
Method Remove the tough leaves from the base of...

**PROVENCE-STYLE ARTICHOSES**  
Method: Chop the carrot, onion and celery very finely. Sauté the chopped vegetables gently in a saucepan in a...

**RISOTTO WITH ARTICHOSES AND SICILIAN BLOOD ORANGES PGI**  
A fresh and tasty risotto that tantalises the palate. Difficulty: moderate Cost: low Preparation time: 40 minutes Serves: 2...

**SMALL OCTOPUS WITH COURGETTES AND TOMATOES**  
A simple and very tasty dish! Preparation: Hello dear friends and welcome to the kitchen of my restaurant "La..."



# ENJOY OUR FIRST CHOICES





## SEASONAL RECIPES

### TAGLIATELLE WITH BASIL CREAM AND GORGONZOLA

*Difficulty:* moderate

*Preparation time:* 20 minutes

*Serves:* 4

#### INGREDIENTS:

150g basil, plus a little extra for garnish

1 clove garlic, chopped

2 tablespoons extra virgin olive oil, or as needed

300ml whipping cream

150g Gorgonzola

500g tagliatelle

4 tablespoons pine nuts



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## TAGLIATELLE WITH BASIL CREAM AND GORGONZOLA

### METHOD:

Trim the end of the basil stalks, then coarsely chop or tear up the leaves and stems, and place in a blender, along with the garlic and olive oil. Blitz until the mixture forms a thick green paste. Add more olive oil if needed. Season to taste and set aside.

Cook the pasta according to the instructions on the packet.

While it is heating up, pour the cream into a large frying pan and heat it over medium heat until bubbles form along the edges, and it is hot. Remove from heat.

Crumble the Gorgonzola into small chunks and add to the cream; no need to stir, just let it melt in the hot cream. Drain the pasta, reserving about a cup of the cooking water.

Add the pasta to the hot cream and toss together over medium-low heat until all the pasta is coated in sauce. Add a little of the cooking water if the sauce is too thick.

Add the reserved basil purée to the hot pasta, stir in well, season to taste, then serve right away, generously scattered with pine nuts and the extra basil leaves.

*Cook's tip:* Try using green fettuccine to enhance the colour of the puréed basil.



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## PUMPKIN FLOWER FRITTERS

*Difficulty:* easy

*Preparation time:* 20 minutes

*Serves:* 4

### INGREDIENTS:

12 pumpkin flowers

200g Italian 00 (finely-milled) flour

sparkling mineral water, as needed

1 egg

1 tablespoon extra virgin olive oil

extra virgin olive oil for frying, as needed

Citrus segments for garnish, to taste



## PUMPKIN FLOWER FRITTERS

*This is comfort food that will delight adults and children alike, not just because they are temptingly crisp but because they are made with such delicious ingredients! The secret to these fritters is to make sure that the oil reaches the correct temperature so that when you fry them, the batter stays on the flowers, and they do not fall apart. You will be delighted by their sweet, delicate taste!*

### METHOD:

First, clean the pumpkin flowers.

Prepare the batter by mixing the 00 flour with the sparkling mineral water, egg and 1 tablespoon of extra virgin olive oil.

Then, coat the pumpkin flowers in a little flour and dip them in the batter.

Once battered, fry the pumpkin flowers and enjoy!





## PORCINI MUSHROOMS WITH SEARED RED PRAWNS, SPARKLING ROSÉ WINE, CELERY AND LEMON

*Difficulty:* moderate

*Preparation time:* 30 minutes

*Serves:* 4

### INGREDIENTS:

350g cleaned porcini mushrooms

½ glass dry white wine

600g red prawns

1 clove garlic

½ glass sparkling rosé wine

1 celery stick

juice ½ lemon

extra virgin olive oil, as needed

salt, to taste

pepper, to taste

a few sage leaves (optional), to garnish



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## PORCINI MUSHROOMS WITH SEARED RED PRAWNS, SPARKLING ROSÉ WINE, CELERY AND LEMON

*The sea and the forest come together in this dish to delight your tastebuds. The sparkling rosé brings the dish together and the citrus notes of the lemongrass dance on your palate.*

### METHOD:

Slice the porcini mushrooms and sauté them in extra virgin olive oil and the white wine. Season with salt and pepper.

In a separate frying pan, sauté the red prawns in extra virgin olive oil with the garlic. When almost cooked, add the sparkling rosé and allow to evaporate.

Put the celery stick and lemon juice in a blender and pulse; spread a little sauce on each plate. Top first with the porcini mushrooms, then the prawns, and garnish with a few fried sage leaves if desired. Enjoy!



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## ARTICHOKE, TUNA & OLIVE PASTA

*Difficulty:* moderate

*Preparation time:* 35 minutes

*Serves:* 4

### INGREDIENTS:

4 globe artichokes (1.3kg)

2 tablespoons extra virgin olive oil

Zest and juice 1 lemon

250g wholewheat penne pasta

200g can tuna steak in olive oil

50g pitted black olives, sliced

½ x 25g pack parsley, roughly chopped



## ARTICHOKE, TUNA & OLIVE PASTA

### METHOD:

Remove the tough leaves from the base of the artichokes and cut off the stems. Cook in a large pan of boiling water for 20-25 minutes, depending on the size. If a leaf from the centre comes away easily, they are cooked. Remove from the water and drain upside down.

Remove the leaves and scrape off the flesh from the base of each leaf. Remove and discard the fibrous choke with a teaspoon to reveal the artichoke heart. Slice the hearts and marinate in the oil and lemon juice.

Meanwhile, cook the pasta according to the packet instructions, drain, reserving a little cooking water. Toss the tuna with the oil, olives, parsley and marinated hearts, plus the marinade with the pasta along with a little cooking water. Season to taste and serve.

*Cook's tip:* swap the can of tuna for fresh salmon or tofu.



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## TURBOT IN PIZZA WITH A RAINBOW OF DOP PIENNOLO TOMATOES AND OREGANO

*Difficulty:* moderate

*Preparation time:* 20 minutes

*Serves:* 4

### INGREDIENTS:

600g turbot, cleaned and filleted  
extra virgin olive oil, as needed  
450g DOP Piennolo tomatoes, yellow datterini tomatoes and green cherry tomatoes  
15g dried oregano  
30g rinsed, desalted capers  
60g Taggiasca black olives, stoned  
100g mozzarella (buffalo or cow's milk)  
sundried tomatoes, as needed  
a few basil and parsley leaves  
salt, to taste  
white pepper, to taste



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## TURBOT IN PIZZA WITH A RAINBOW OF DOP PIENNOLO TOMATOES AND OREGANO

*The crispness of the turbot fillets is perfect with the juicy tomatoes, a winning combination for the palate!*

### METHOD:

Arrange the turbot fillets on a baking sheet with a little extra virgin olive oil, add the various types of tomatoes cut into wedges, a sprinkling of oregano, the capers and the Taggiasca olives. Bake at 180°C for 6/7 minutes.

Meanwhile, cut the mozzarella into small cubes and finely chop the sundried tomatoes, prepare a fresh pesto by blending a few chopped basil leaves and parsley and 3 tablespoons of extra virgin olive oil.



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## CHEESE AND PARSLEY SPONGE CAKE

*Difficulty:* moderate

*Preparation time:* 45 minutes

*Serves:* 4

### INGREDIENTS:

80g parsley leaves (without the stalks)  
15g mint leaves  
83g extra virgin olive oil  
145g Italian 00 flour  
10g cornflour  
8g vanilla baking powder  
2 extra-large eggs  
180g sugar  
4 tablespoons grated cheese (Parmesan or Grana Padano)  
pinch of salt  
whipped cream, to serve



## CHEESE AND PARSLEY SPONGE CAKE

### METHOD:

*First, make the parsley purée:* put a quarter of the parsley and mint leaves in a blender jug and pulse at a low speed. Increase the speed slowly and add the rest of the leaves, a quarter at a time. Add half of the extra virgin olive oil, drizzling it slowly into the jug and pulsing at medium-low speed to obtain a smooth purée. Add the rest of the extra virgin olive oil and pulse for another 10 seconds. The purée should be fluid and velvety. Transfer to a bowl and place in the refrigerator.

*Now prepare the cake:* mix the flour, cornflour, pinch of salt and baking powder in a bowl and set aside. Using a stand mixer, beat the eggs with the sugar at high speed until the mixture is thick, fluffy and pale yellow. Lower the speed and add the herb purée. Add the grated cheese and mix again. Now add the flour mixture and beat until it is completely combined.

Grease a 26cm bundt tin and line it with baking paper, pour in the cake mix, and level with a spatula if needed. Bake in a preheated oven at 175°C fan-assisted for about 25/30 minutes (cover with tinfoil if the top starts to brown), turning the cake in the oven halfway through, lowering the temperature a little and cooking for another 5/8 minutes if necessary. Check with a skewer to see if the cake is baked through.

Leave the cake to cool before turning out. Fill with whipped cream and garnish with a sprig of parsley.



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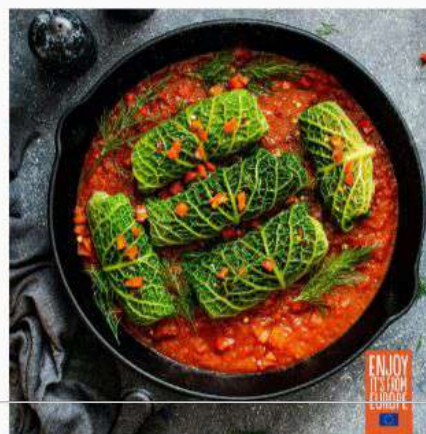
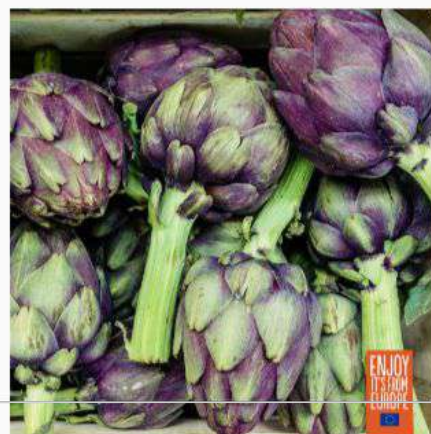
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**THANK YOU**  
**and**  
**SEASON'S GREETINGS**



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