

BAKED BULGUR WITH ZUCCHINI



Chef: Leonardo Pellacani

Method

Serve 6

Cook the Bulgur in boiling salted water, drain and season with the zucchini sauce, the Parmigiano reggiano sauce, the grated Parmigiano Reggiano, the speck cut into strips and the chopped parsley. Mix everything well. Grease six cups with the no-stick spray and fill them up with the mixture obtained, then leave them to rest in the fridge for at least an hour. Prepare the serving sauce by heating the milk, adding the roux and saffron. Adjust the seasoning by adding a pinch of granulated Gran Cuoco and salt. Warm up the bulgar in the oven at 180 ° C for 15 minutes. Spread the saffron sauce on the plates, arrange the hot bulgar in the center. Garnish with fresh chopped chives, toasted bulgar and a drizzle of oil.

Menù Ingredients

- 150 g. Bulgur - RRO
- 150 g. Gransalsa di zucchini - Gransalsa sauce with zucchini - BZ1
- 25 g. Preparato in polvere allo zafferano - Saffron Powder Mix - B90
- 25 g. Roux Bianco - White Roux - BN1X
- 50 g. Grancrema al Parmigiano Reggiano D.O.P. - Grancrema cheese sauce with Parmigiano Reggiano PDO - KH1
- q.s. Grancuoco granulare - Grancuoco Granular Stock - BH1
- q.s. Staccante spray - Non-Stick Spray - Q10

Ingredients

- 60 g. Speck
- 20 g. Parmigiano Reggiano cheese
- q.s. Fresh chives
- 500 ml. Milk
- q.s. Chopped parsley