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2020
FOR
2020
Recipes

FOOD
FOREVER
Biodiversity for Resilience

FOOD IS LIFE
THE CHEFS'
MANIFESTO

Pumpkin and Arazá Flowers

Ingredients:

8 pumpkin flowers
100 grams ricotta cheese
50 grams red arazá
20 grams fresh seaweed
4 dried tomatoes
1 tablespoon guava vinegar
Sea salt
Pepper
Oil flavored with myrtle



Directions:

Cut the dried tomatoes, the arazá and the seaweed into medium pieces, mix them with the cheese, and season with the guava vinegar, salt and pepper. Stuff the pumpkin flowers with the tomato-arazá mixture. Pour a teaspoon of oil flavored with myrtle over the flowers. Serve cold.

HELP PLANT THE SEED FOR A MORE DIVERSE, SUSTAINABLE, & DELICIOUS FUTURE:

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