



## 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



*Mais receitas em*

*[www.galloportugal.com](http://www.galloportugal.com)*

© 2024 Todos os direitos reservados à Gallo Worldwide