

# *Fiori di Zucca ripieni Recipe*



## Ingredients for 4 people:

- 400g courgettes
- 12 bloomed pumpkin flowers (picked in the morning when fully opened)
- 120g applewood smoked ham (or another ham of your choice)
- 100g mozzarella
- 100g ricotta
- 40g spring onion
- 50g parmesan cheese or grana padana cheese
- 1 egg
- 4 tbs Extra virgin olive oil
- Salt and black pepper to taste
- Thyme
- Oven dish

\* Note - prepare the flowers in the morning because as the day progresses the flower naturally tend to close and it will be more difficult to fill them!

## Instructions:

Carefully wash the flowers remove the stigma with a pair of scissor taking care not to break the flower.

Cut the stalk 1/2 cm from the flower and remove the sepals. Pat dry the flowers and set aside.

Meanwhile prepare the filling:

Cut the mozzarella into 12 strips, place them in a calendar and set aside.

Wash and top the courgettes, cut them into slice, and pat dry.

Wash and chop the spring onions.

Put 2 tbs of oil in a frying pan, when the oil is hot put the spring onion and fry till golden. Add the courgettes and cook for 10 minutes season with salt and few leaves of thyme. Remove from heat and place the courgettes in a bowl and leave them to cool. Chop the ham and add it to the courgettes. Using a food processor liquidise the courgettes and the ham to a consistence of your choice. Add the ricotta, the egg and 40g of the grated cheese and mix together till all ingredients are blent. Season with salt & pepper to taste and place the mixture in a piping bag.

Grease an oven dish with the remaining 2tbs of olive oil  
Carefully pipe some of the filling into each flower, place one of the pieces of mozzarella into the centre leaving half stick above the filling (it will work as a joining point when closing the flower)  
Carefully close the petal and gently twist the end.

Place each stuffed flower in the oven dish parallel to each other, sprinkle the remaining 10 gr of cheese and cook for 10 minutes in a pre-heated static oven at 180° C.

Serve warm, it will make a charming antipasto!

They can be prepared in advanced and cooked the next day. You could use cooked bacon instead of ham if preferred.

If you enjoyed my workshop please send me your feedback [carmelacollege@btinternet.com](mailto:carmelacollege@btinternet.com)  
Visit my website <https://www.italianlanguage.co.uk/italian-cooking-workshop> or blog to get the latest news on more workshops or recipes <https://www.italianlanguage.co.uk/apps/blog/>