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Recipe number seventeen

I like this antipasto because an orange and a carrot are nearly always to be found in the store cupboard! Serve a plate of salami with it, a few grissini, a sliced mozzarella and a few olives, and you have conjured up a southern mood at the table.

Arance e carote Oranges with carrots

Ingredients for 4 people

200 g carrots trim, peel and cut into fine matchsticks or grate them on a rsti grater.

3 tbsp olive oil warm and sweat the carrots briefly.

½ orange, zest cut into the finest strips and

½ orange, juice and

½ tbsp lemon juice and

½ tbsp sugar and

Salt, pepper add, heat everything through briefly. Season with

Peperoncino and

dried green pepper before taking it off the heat and leaving it to marinate a little; it should be nice and hot!

2 – 3 oranges peel with a knife (the white pith must go too) and cut into whole slices 5 – 8 mm thick.

2 tbsp pumpkin seeds and

½ tbsp icing sugar toast in a dry frying pan and caramelize.

To serve: arrange 3 orange slices in a circle on each plate and set a little mound of carrots in the middle.

To decorate: with the toasted pumpkin seeds.

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