

Oven Baked Vegetable Soup with Artichokes Stuffed with Cuttlefish



Serves: 10

Profitability:

Steps:

Mix all the vegetables together. Drizzle a terracotta dish with oil, season with salt and pepper and put in a layer of vegetables, sprinkle with Parmesan cheese, drizzle again with oil and make another layer of vegetables.

Toss the cuttlefish in a pan with the chopped garlic.

Soak the breadcrumbs in the milk, squeeze out the milk and place in a bowl. Add the cheese, parsley, cuttlefish, the remaining garlic, eggs. Season with salt and pepper and mix well.

Open the artichokes and stuff with the mixture. Place them in the vegetables and add some water, slightly seasoned with salt and pepper. Sprinkle with Parmesan cheese and finish with some oil.

Cook in the oven for about 50 minutes at 170°C.

Ingredients:

VEGETABLE SOUP

Leeks 300g sliced

Green courgettes 400g

Potatoes 400g

Celery 300g sliced

Mushrooms 300g

Cherry tomatoes 300g halved

Parsley 20g chopped

Parmesan cheese 100g grated

Salt and pepper to season

Water 1 ½ l

Extra virgin olive oil 250g

ARTICHOKES STUFFED WITH CUTTLEFISH

Artichokes 10, cleaned and placed in water with lemon

Cuttlefish 400g cleaned and diced

Breadcrumbs 250g

Parmesan cheese 80g

Parsley 10g

Garlic 10g sliced

Eggs 3

Milk 300g

Salt and pepper to season

Author: Domenico Maggi