Ticino Minestrone

Recipe by V-ZUG Ltd.



Preparation	30 Mins
Cooking time	30 Mins
Portions	4

A hearty Ticino-style minestrone, as served in a traditional grotti: slow-cooked, rich in vegetables, herbs, and beans that provide comforting warmth.

Minestrone

50 g sun-dried tomatoes in oil, 1 tbsp oil, tomatoes in fine strips

200 g streaky bacon, in strips

2 onions, finely chopped

1 clove of garlic, finely chopped

250 g potato, in approximately 1 cm cubes

150 g carrots, in small cubes

150 g leek, in fine strips

120 g celery, in small cubes

3 tbsp tomato purée

1½ litre vegetable bouillon

2 sprigs of rosemary

3 sprigs of thyme

3 sprigs of oregano

2 bay leaves

100 g Savoy cabbage, in fine strips

80 g small pasta, (e.g. Tubetti Rigate)

240 g canned beans, rinsed, drained

a little salt

a little pepper

30 g Parmesan cheese, shaved

a little olive oil

2 sprigs of flat-leaf parsley, coarsely chopped

1 sprig of oregano, leaves only

Minestrone

Heat the oil from the sun-dried tomatoes in a large pan over medium to high heat (level 7-8). Add bacon, onions and garlic, and sauté for approximately 5 minutes. Add the sun-dried tomatoes, potatoes and vegetables, and continue to sauté for approximately 5 minutes, stirring occasionally. Add the tomato purée and cook briefly. Pour in the stock, add the herbs and bay leaves, cover and bring to the boil over high heat (level 9). Reduce the heat to low to medium (level 3-4) and simmer for approximately 30 minutes. Add the Savoy cabbage and pasta, and simmer for a further 10 minutes. Add beans and simmer for another 3 minutes. Season minestrone with salt and pepper. Plate the minestrone. Scatter over the Parmesan shavings, drizzle with a little olive oil, and sprinkle with herbs.

Tips

Simmer the rind of a piece of Parmesan along with it.

Instead of pasta, use risotto rice and extend the cooking time to 20 minutes.

Accessories

Pan with lid (approx. 24 cm ø)

Additional information

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