

PUMPKINS WITH BALSAMIC AND CHOCOLATE SAUCE

Pumpkin is a typically autumnal plant and remembers the Halloween holiday. The baked pumpkin recipe is also a light but tasty side dish. It is served with a reduction of balsamic vinegar, chocolate and sesame seeds.



INGREDIENTS:

400 g of pumpkin pulp
 Extra virgin olive oil
 Salt
 Sesame seeds as desired

For sauce:

125 ml of balsamic vinegar
 2 tablespoons of bitter



Difficulty
MEDIUM



Preparation
 60 min



Portions
 4

- 1 Cut the pumpkin into pieces, place on a baking tray covered with baking paper and season with oil and salt. Bake at 200 ° for 50 minutes.

TIP

This sauce is good for seasoning all the sweet tastes like carrots, fennel, zucchini, especially if cooked in the oven. It also goes well with the meat.

- 2 In the meantime prepare the sauce: warm the medium-sized vinegar, combine honey and cocoa and leave for about 15 minutes in medium heat, until the mixture is reduced by about half. You will have to get a dense, almost syrupy compound.



- 3** Pour the pumpkin, let it cool, then season with the syrup. Sprinkle with sesame seeds slightly toasted before serving.