

ZUCCHINE ESSICcate AL SOLE



CODE 93901

COUNTRY OF ORIGIN Italy, Apulia

WEIGHT 230 g

Sun-dried zucchini in oil, grown in Salento

DESCRIPTION	Naturally sun-dried zucchini, preserved in extra virgin olive oil with capers, chili, garlic, and fresh mint
APPEARANCE	The zucchini slices are clearly visible and maintain their shape even during extraction; the vegetables have a slightly brownish color due to sun drying
TASTE	Sweet and rich in pulp
PRODUCER	I Contadini - Ugento (LE) - Apulia
OUR SELECTION	What struck us most about I Contadini is their strong connection to the land and tradition. All the vegetables are produced on the farm, using integrated production methods, in fields near the facility, in Puglia. The vegetables are sun-dried on racks as tradition dictates, which is actually a very ancient practice and nearly abandoned nowadays due to its difficulty and delicacy, but it results in an unmatched organoleptic outcome
CURIOSITY	The zucchini are grown in open fields in the month of April and hand-picked in June and July. They are washed, sorted, sliced with the skin on, salted, and left to sun-dry on racks for 3-4 days. After that, the zucchini are once again sorted, washed, and flavored with Puglian extra virgin olive oil
SUGGESTIONS	They can be blanched in water with a small amount of vinegar for a few minutes and used to prepare excellent rolls with fresh cheese, tuna, and capers. They are great as an appetizer or side dish, but also for dressing rice salads or fresh pasta