

TASTY RECIPE

Juraflore

Mixed Vegetables

Quinoa and Slivers of Comté Cheese





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Ingredients (serves 6)

150 g white quinoa, 150 g red quinoa, 10 cl olive oil, 300 g water, mayonnaise, 12 small carrots, 12 small turnips, 12 small courgettes, 12 small custard marrows, 12 small spring onions, 6 Poivrade artichokes, 18 black olives, 100g Jurafllore Comté cheese slivers, 1/4 litre of orange juice, 1/4 litre of clear stock, olive oil, salt and pepper

Preparation

1 Brown the quinoa with the olive oil in a saucepan over low heat, then add the water and cook until the water is fully absorbed.

2 Season the quinoa and mix cold with mayonnaise. Put aside and keep cool.

3 Turn the Poivrade artichokes. To do so, cut off the stalk and trim the edges to remove the leaves and the choke. Then cook them in a pan with olive oil and pour some clear stock over them. Add the black olives and season.

4 Peel the small carrots and turnips and cook them in the orange juice. Season.

5 Cook the small courgettes and custard marrows separately in a pan of boiling water.

6 Fry the small spring onions in a pan with a dash of olive oil.

7 Arrange the quinoa in the plates and place the vegetables nicely on top. Add the slivers of Comté cheese.



Preparation time: 1 hour

Cooking time: 40 min



A tip from the cheese maker

Choose a fruity Jurafllore Comté cheese matured for 12 months for a fine balance of flavours.



A tip from the wine waiter

A fresh, young, fruity red wine. You can choose a white Loire wine such as Sancerre. Serve at 13 °C



All our recipes are at
www.jurafllore.com

Visit the **Jurafllore** Fort des Rousses Comté cheese cellars
For bookings: 03 84 60 02 55 - www.fortdesrousses.com