

Summer Salad

You need: * red capsicum * rucola * raspberries * chicken or turkey hen * olive oil, Vincotto Primitivo vinegar, salt, pepper



Cut the capsicum into halves and get rid of anything you don't like. Apply some olive oil to the outside of the capsicums and bake them with top heat until the skin is slightly black.

During that, Pan-fry the chicken and cut it into thin slices. Flay the skin and cut the capsicums into stripes. Mix olive oil (2 parts) with balsamico (1 part) and some salt and pepper. Place capsicum, rucola, chicken and raspberries on a plate and drip some vinaigrette on it.

Duck filet slices on lentils topped with a tuna dressing, decorated with Vincotto Primitivo and a salad variation