HEALTHY GOURMET CUTTING BOARD FOR THE APERITIF

By Teresa Balzano

Prep Time: 15 minutes
Cook Time: 10 minutes
Makes/Serves: 4 people

Ingredients:

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4 California Prunes
200g pecorino cheese
50g long cured raw ham

For the endive boats:
4 endive leaves
150g sheep ricotta cheese
2 California Prunes
Few drops of hazelnut oil

For the goat's milk glasses:
300g goat's cheese
2 California Prunes
1 red onion
2 tablespoons of vinegar
1 tsp of brown sugar
A knob of butter
Salt as desired

Here's How:

For the Goat's Milk Glasses:

1. First, prepare the caramelized onion: slice the onion first and then brown it in a pan with butter for a few minutes. When it has softened, add the sugar, adjust with salt and mix everything together. Then add the vinegar and cook for a few more minutes until the onion has acquired a nice intense colour.
   For the whole preparation you will need about 10 minutes of cooking.

2. For the goat cream, put California Prunes in a saucepan and add a tablespoon of water. Put on a very low flame and stir continuously until California Prunes have begun to break up. To speed up crush it with a fork. In a couple of minutes, you will get a coarse puree.

3. Let it cool.

4. When the puree is cold, add it to the goat's cheese and blend it all together to obtain a fairly homogeneous cream. It doesn't matter if a few pieces of California Prunes remain visible.

5. Divide the goat cream into 4 small glasses. For a clean and elegant result, you can use a piping bag or form quenelles with 2 spoons.
   Add a tablespoon of caramelized onion in each glass and then, decorate as you like.

For the Endive Boats:

6. Blend the ricotta until you get a cream, adding a little milk as necessary for a more creamy result and then, using a piping bag, divide the mixture between 4 endive leaves.

7. Cut the California Prunes into strips and place them on top of the ricotta. Finally, complete with a drizzle of hazelnut oil.

To complete the board:

8. Once the small glasses and boats are ready, cut the pecorino cheese into small pieces and arrange onto a board: place the slices of raw ham, pecorino and some California Prunes on top, which will help to create contrasts between sweet and salty.

9. Finally, add the endive boats and small glasses of goat cream, and serve your cutting board.