

**OLIVE OIL & JUICE Wheat porridge with black cabbage and
2019 Tenute Rubino OLIO Fruttato intensivo**

I would like to show you how olive oil can be used everywhere.

In Mediterranean cuisine, olive oil is used in the cooking of vegetables.

Probably because of the climate, these dishes are eaten cold.

Today I will present you the wheat groats alias bulgur in olive oil.

Cut shallots and red pointed peppers, a chilli pepper into small cubes and braise lightly them. Then add the wheat groats and cook in the same amount of boiling water with plenty of olive oil. At the same time, separate the black cabbage from the stalk and cook in a steamer, squeezing out the water. After the wheat grits have finished cooking, add them to the mix and leave to cool.

Serve with lemon juice and eat at room temperature.

Enjoy your meal

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