



# “Minestra maritata” and potato peels

By Refettorio Made in Cloister

**TIP:** “Don’t throw away potato peels! You can use the peels to flavor the broth.” Refettorio Made in Cloister

## INGREDIENTS

Potato peels  
Escarole  
Chards  
Chicories  
Broccoli  
Savoy cabbage  
Cauliflower  
Kale  
Spinach  
Grated cheese  
Salt

### For the broth

Hen  
Beef meat  
celery stalks  
carrots  
onion  
aromatic herbs (parsley, thyme, bay tree  
and cloves)

## DIRECTIONS

Clean the hen removing all the entrails, carefully wash it and cut it in half. Cut the beef meat into cubes and set aside.

In a large pot place onion, carrots, celery stalks, the aromatic herbs and the two type of meats, then cover with water. As the water warms, reduce the heat and continue cooking until reduced by 50%. Skim off any foam that rises to the top.

In the meantime, clean the vegetables and blanch them into a pot with salty boiling water, then cool them in water and ice.

When the stock is ready, remove the leftover meat and put them into a bowl, cleaning the meat from the carcass. When done, strain through a fine strainer the stock and add the two types of meat and vegetables.

To finish the dish add the potatoes skin previously boiled in salty water and grated cheese.