

Bergamot and ricotta parfait

Serves 4

Ingredients

◆ 1 1/2 cups fresh ricotta ◆ 3 to 4 tablespoons honey, or to taste ◆ 1 Bergamot, zested ◆ 1/2 cup bergamot marmalade ◆ 2 clementines, segmented ◆ 3/4 slivered cup almonds, toasted ◆ Mandorlatto/Nougat Calabrese, roughly chopped ◆ Local Calabrian Cookies, for serving

Method

1. To make the ricotta mixture, stir together the ricotta, honey and bergamot zest. Add additional honey to taste, if desired.
2. To assemble the parfaits, divide the ricotta among four parfait jars or wine glasses. Spoon the bergamot marmalade on top.
3. Top with clementine segments.
4. Sprinkle with the toasted almonds and chopped nougatine.
5. Finish with a cookie on the side.
6. Serve immediately

Source: "Il viaggio di Lidia Bastianich in Calabria"

Food and wine itinerary