

Episode #1

Spaghetti con Moscardini con Crema all'aglio (Spaghetti with Baby Octopus and Garlic Cream)

(Serves 4)

Ingredients: 350 gr. or 12.5 oz. spaghetti

Ingredients for sauce;

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|-------------------|----------------------------------|
| 250 gr. or 9 oz. | baby octopus; washed and cleaned |
| 3 Tbsp. | EVOO |
| 2 Tbsp. | finely chopped onions |
| 1 clove | garlic, minced |
| ½ cup or 125 ml. | red wine |
| 1 cup or 250 ml. | tomato passata |
| 2 cups or 500 ml. | vegetable broth |
| | salt and pepper |

Ingredients for garlic crème:

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|-----------|--|
| 3-4 | garlic cloves; peeled |
| 10 sprigs | parsley leaves & stems; <i>separated</i> |
| | zest of ½ lemon |
| | juice of ½ lemon |
| 1 cup | 35% cream |
| | salt and pepper |

Method:

1. In a saucepan over medium high heat, add **Evo** and chopped onions, cook until they become translucent, about 3-4 minutes.
2. Add baby octopus, cook for 5 minutes, then add the red wine and allow the alcohol to evaporate.
3. Add the passata, salt and pepper and 1 cup of broth. Cover and cook until the baby octopus is tender when pierced with a toothpick. Add more vegetable broth if needed.

Method for cream of garlic:

4. In a pot of boiling water, blanch the garlic cloves for 3-4 minutes. In a separate saucepan over medium high heat combine the cream, blanched garlic and the stems of parsley and cook until the garlic is soft enough to puree and the cream is reduced by half.
5. Remove the stems, add salt and pepper, lemon zest and juice and using a hand blender, puree the garlic and make a smooth cream. Chop and add the parsley leaves.
6. Cook the spaghetti in salted boiling water according to package instructions. Drain water and add the baby octopus sauce.
7. **To Serve:** Drizzle garlic cream on top and serve.

EVOO = Extra Virgin Olive Oil

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