

Episode #2

Le Dita di Nettuno Con Salsa di Pomodoro alle Acciughe (Neptune Fingers with Anchovy Tomato Sauce)

(Serves 6)

Ingredients For Fingers:

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|---------|---|
| 2 pcs. | anchovies, minced |
| 50 gr. | pine nuts, <i>soaked in water 3 hrs. + minced</i> |
| 300 gr. | fresh cod |
| 100 gr. | bread crumbs |
| pinch | saffron |
| 150 gr. | stale bread |
| ½ bunch | escarole, boiled |
| 2 Tbsp. | Evoo |
| | salt to taste |

Ingredients for Sauce:

| | |
|----------------|---------------------------|
| 1 | onion, chopped finely |
| 2 pcs. | anchovies, chopped finely |
| 1 stick | celery, chopped finely |
| 1 small carrot | chopped finely |
| sm. bunch | parsley, chopped |
| 1 can | tomato passata |
| | Evoo |
| | salt and pepper |

Method for logs:

1. Drain the water from the pine nuts and finely mince. Combine the anchovies and pine nuts
2. On a cutting board, chop the fresh cod and stale bread together and place in a bowl. Add to the bowl the boiled and chopped escarole and the saffron. Mix well.
3. Using well oiled hands, shape the mixture into small logs the size of a cork. Roll each log in the dry bread crumbs, coat well.
4. In a frying pan, over medium high heat fry the logs until golden on all sides.

Method for Sauce:

5. In a frying pan add the Evoo, when the oil is hot, add the chopped onions, carrots, celery, parsley and anchovies. When the vegetables have caramelized well add the tomato passata and 1 cup of water and continue to cook for an additional 15 minutes.
6. The fingers can be served on their own or with fresh tomato sauce on top

EVOO = Extra Virgin Olive Oil

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