

## Episode #27

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### Bistecca del "Curato" -Umbira (Steak of The "Curate")

Serves 4

#### Ingredients:

8 small	steaks, cut from the striploin –approx: 454 gr./ 1 Lb 9 veal/Beef) <i>--pound flat with tenderizer</i>
	flour to dredge the steaks
½ lemon	zest and juice
1 clove	garlic, minced
5/6	salvia leaves, chopped
1 sprig	mint, chopped
1 sprig	rosemary, chopped
50gr/ 1 ½ oz	prosciutto, finely chopped
3 filets	anchovies, chopped
1	chicken liver, finely chopped
2 Tbsp.	mustard
4+4 Tbsp.	<b>Evo</b>
¼ or 60 ml.cup	white wine
½ cup or 125 ml.	vegetable broth

#### Method:

1. Marinate the steaks with the lemon zest, garlic, sage, rosemarie, mint and lemon juice. Cover with plastic and let sit for 30 minutes.
2. In a frying pan over medium high heat add 4 tablespoons of **Evo**.
3. Remove steaks from marinade, dredge in flour and sear on both sides and set aside. In the same pan add the rest of the **Evo**.
4. Add the anchovies and cook for 2-3 minutes until dissolved. Then add the prosciutto and chicken liver and cook for 3-4 minutes. Add the mustard and stir to incorporate.
5. Add the wine and let evaporate, then add the broth and cook to reduce by half.
6. Bring the steaks back to pan and lower heat to warm steaks. Adjust to personal taste with salt and pepper and serve. **Note:** *Don't boil the steaks to prevent the juices from releasing*

**EVOO** = Extra Virgin Olive Oil

## Episode #27b

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### **Frittelle di Sedano Rapa con Maionese al Basilico (Celery Root "Frittelle" with Basil Mayonnaise)**

Yields 24 Frittelle

#### **Ingredients: for Mayonnaise**

1 large whole egg  
20 basil leaves  
1 cup or 250 ml. canola oil  
2 Tbsp or 30 ml. lemon juice  
1 Tbsp. or 15 ml. white vinegar  
2 Tbsp. or 30 ml. water  
1 Teaspoon mustard  
salt and pepper

#### **Ingredients for Fritters:**

8 oz or 240 gr. celery root, peeled & grated  
3 Tbsp. parsley, chopped  
1 whole egg  
1/2 cup or 75 gr. whole all purpose flour  
1/3 cup or 85 ml. beer  
1 Teaspoon mustard  
canola oil for frying

#### **Method for Mayonnaise:**

1. In a food processor add basil, mustard and lemon juice and pulse to purée the basil. Add the whole egg, start the processor and slowly add the oil. When half the oil has been added, incorporate the water and white vinegar. Add the rest of the oil and adjust to taste with salt and pepper. Remove mayonnaise from food processor.

#### **Method for Fritelle**

2. In a bowl, combine the flour, chopped parsley, mustard and egg. Mix well and slowly add the beer a little at a time to obtain a thick batter. Add the grated celery and salt and pepper to taste.
3. In a deep fryer heat oil to 350° and using a small spoon scoop the batter and drop into the hot oil. Deep fry until the frittelle are golden in colour. Remove with a slotted spoon and place on a plate lined with paper towels to absorb excess oil.
4. Serve frittelle with the basil mayonnaise on the side

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