

## Episode #15a

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### **Cordon Bleu di Salmone (Salmon Cordon Bleu)**

(Serves 4)

#### **Ingredients:**

1 lb. or 500 g	salmon scaloppine
4 oz or 100 g	ricotta
1	watercress bunch, washed and blanched
8	bacon slices, lightly fried
1	whole egg, lightly beaten
1 cup or 250 mL	unseasoned breadcrumbs
3 Tbsp or 40 mL	flour
	salt and pepper
	vegetable oil for frying

#### **Method:**

1. Place clear wrap over the fish scaloppine and pound lightly and set aside.
2. In a bowl, combine ricotta, watercress, salt and pepper and mix well.
3. Place one slice of bacon on each scaloppine, and place a spoonful of the mixture on the bacon and fold in half. Press the edges carefully in order to enclose the mixture.
4. Combine the flour and breadcrumbs in a plate. Dip each cordon bleu first into the beaten egg and then into the breadcrumb mixture.
5. Lightly fry until golden.

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## Episode #15b

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### **Galette di Patate con Salmone Affumicato (Potato Pancakes with Salmon)**

(Serves 4-5)

#### **Ingredients:**

2 Lbs. or 4 large	baking potatoes, peeled and grated
1/2 cup	scallion greens, finely chopped
5 Tbsp.	vegetable oil
3/4 Lb.	smoked salmon, sliced
1/2 small	red onion, thinly sliced
2 Tbsp.	capers, rinsed
1/2 cup	sour cream

#### **Method: Preheat oven at 450°F**

1. In a large bowl combine potatoes and scallions. Heat 1 tablespoon of oil and half a tablespoon of butter in a small non stick frying pan.
2. Scoop a 1/4 cup mound of the potato mixture into the pan and flatten with a spatula to form a 3 1/2 to 4" pancakes.
3. Reduce heat to moderate and cook, pressing down occasionally on pancake to compact.
4. Cook for 6 to 8 minutes until underside is crisp and golden.
5. Turn cakes over carefully and cook until crisp and golden approximately 8 minutes more.
6. Drain cakes on paper towel and arrange on a baking sheet. Continue this process until the batter is finished.
7. **Method for Assembly:** Reheat cakes in oven 3 to 5 minutes or until crisp. Top them with salmon, onions, capers and sour cream.