

Patate Ripiene con Merluzzo e Polipetti o Moscardinini
(Stuffed Potatoes with Cod and Baby Octopus)

(Serves 4)

Ingredients: 4 med./ Lg. potatoes; peeled and kept in water

For Stuffing:

8 oz. or 250 gr.	fresh cod filet or salted cod soaked for 4 days, water changed every day to remove salt, then cut in 3/4" cubes
6	baby octopus, cleaned and cut, sack separated and tentacles cut
1+3 Tbsp.	red onions, finely chopped
2 cloves	garlic, minced
4+4 Tbsp.	Evoo
1 cup or 250 ml.	tomato passata
1/2 cup or 125 ml.	white wine
	salt and pepper

Method: Preheat oven 375 °F

1. Lay the potato flat and slice along the top 1/2" thick to create a lid for the stuffed potato. Set aside.
2. Carve the inside of the potato, creating a cavity for the stuffing. In a pot of salted boiling water, blanch the carved potatoes and sliced potato (for lid) for approximately 3 minutes. Remove from water and set aside.

Method for Stuffing:

3. In a non stick frying, over medium high heat, add 4 tablespoons of Evoo and 1 tablespoon of onions. As the onions begin to fry cook 3-4 minutes until translucent.
4. Add the cubed cod and sauté for 3 to 5 minutes until liquid is released. Add salt and pepper and set aside.
5. In a saucepan over medium high heat add 4 tablespoons of **Evoo** and 4 tablespoons of onions. Add chopped garlic, as garlic begins to fry cook for 3-5 minutes until translucent then add the cut baby octopus. Sauté for 3-4 minutes then add the white wine, let evaporate.
6. Add the tomato passata and 1/2 cup of water and cook until the octopus is soft. Stuff the potatoes with the cod and cover with octopus sauce. Place potato lid on top to cover.
7. Place each stuffed potato in a pyrex, drizzle with Evoo and bake for 20 minutes.

EVOO = Extra Virgin Olive Oil

Episode #16b

Spinaci Saltati in Padella con Carote (Sauté Spinach and Carrots) (Serves 4)

Ingredients:

½ Lb. or 220 gr.	spinach leaves; washed
1 Lb. or 454 gr.	carrots; peeled and cut in half moons
3 Tbsp.	Evo
2 Tbsp.	onions; finely chopped
2 Tbsp.	butter; unsalted
	Salt and pepper

Method:

1. In a frying pan over medium high heat, add **Evo** and onions. As the onions begin to fry cook for 3-4 minutes until they become translucent.
2. Add the carrots and ½ a cup of water then cover and cook until the water has evaporated.
3. Add the spinach, cover again and cook until the water released from spinach has evaporated.
4. Add butter and sauté until the butter has melted.
5. Adjust to personal taste with salt and pepper and serve.

EVOO = Extra Virgin Olive Oil

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