

Episode #22a

Involtini di Branzino con Pistacchi e Profumo di Tartufo (Turbot Pockets with Pistachios, Truffle; served with Spinach)

Serves; 4

Ingredients:

4 sides European seabass filets
4 sides European seabass filets, skinless
--To be used for stuffing
3 Tbsp. **Evoo**
3 Tbsp. shallots, finely chopped
¼ cup or 62.5 ml. white wine
3 Tbsp. truffle paste
¾ cup or 187.50 ml. milk
1 Tbsp. flour

Ingredients for stuffing:

¼ cup or 62.5 ml. 35% cream
50 gr. or 2oz. shelled pistachios,
--coarsely chopped
2 pcs. white sliced bread, *crumbled*
1 Tbsp. parsley, chopped
salt and pepper
toothpicks to firm involtini

Ingredients of Serving

1 Lb. or 450 gr. spinach, stem and clean
2 Tbsp. butter
1 Tbsp. flour
½ cup milk
salt and pepper

Method: Preheat oven at 375° F

1. **Method for stuffing:** Place the skinless seabass in a food processor and pulse until a coarse paste forms. Remove from processor and place in a bowl. Add the chopped pistachios, bread, parsley and cream. Mix well to create a stuffing.
2. **Prepare the "involtini".** Using a meat tenderizer, cover the filets with plastic and pound the filets flat. Dividing the stuffing amongst each filet and roll them to form involtini and firm with a toothpick.
3. In a skillet over medium high heat, add 3 tablespoons of **Evoo**, then add the chopped shallots. When the shallots begin to fry add the involtini and white wine and cover. Place in oven and cook for 15 to 20 minutes. Remove from oven and transfer to another pan to keep warm.
4. Take the skillet and over medium high heat slowly incorporate the flour with a whisk, add milk and bring to a boil. Mix well with the whisk, and add half the truffle paste.
5. **To Serve:** Place a frying pan over medium high heat, add the spinach and cook. When the liquid released by the spinach has evaporated remove from pan and coarsely chop. In the same frying pan, over medium high heat, add the butter, incorporate the flour, add the milk, cook for 2-3 minutes. Add the spinach, adjust to taste with salt and pepper and cook for an additional 3-5 minutes.
6. **To serve,** place the spinach on a plate with 2 involtini, cover with sauce and top with truffle paste.

EVOO = Extra Virgin Olive Oil

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Episode # 22b

Pomodori Gratinati (Tomato au Gratin)

(Serves 4)

Ingredients:

4 medium	ripe tomatoes, sliced in half with seeds squeezed out
6 Tbsp.	dry breadcrumbs
1 clove	garlic, minced
3 Tbsp.	Evoo
1 Tbsp.	parsley, chopped
	salt and pepper

Method: Preheat oven to broil

1. In a bowl, combine the breadcrumbs, garlic, parsley, salt and pepper. Add the **Evoo** and mix well.
2. Stuff the tomatoes with the breadcrumb mixture and place them on a pyrex dish.
3. Drizzle with some Evoo and place them in the oven on broil.
4. Cook until a nice crust forms

Note: Optional; you can add some grated cheese to the breadcrumb mixture.

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