

Episode #24a

Coda di rospo al forno con radicchio brasato e créma di zucchini (Baked Monkfish on a bed of wilted radicchio with a cream of zucchini)

(Serves 4)

Ingredients: 1½ Lbs. Filet of fresh monk fish, rinsed, pat dried and cut into 12- 2oz portions

for baking:

4 tbsp. or 60ml **Evo**
1 tbsp. or 15ml oregano
3 tbsp. or 45ml flour
salt and pepper

For wilted radicchio:

3 Tbsp.or 45 ml. **Evo**
½ med. onion, sliced julienne style
1 head radicchio, cleaned & washed
- *cut julienne style*
salt and pepper

for sauce:

3 tbsp. or 45ml extra virgin olive oil
1 medium zucchini, *washed & chopped*
1 shallot, finely chopped
1 tsp. or 5ml garlic, chopped
½ cup 35% cream
½ juice of a lemon
salt and pepper

For Garnish:

4 Tbsp. or 60 ml. zucchini, cut in small cubes
2 Tbsp. or 25 ml. butter

Method: Preheat oven 375°f / 190°c

1. In a bowl combine the monk fish, **Evo**, oregano, flour and salt and pepper. Line a baking sheet with parchment paper and place the monk fish on top and bake for 15 to 20 minutes, then set aside.
2. In a frying pan heat the olive oil and sauté onions until translucent. Add the radicchio and sauté for 5 to 7 minutes on medium heat until the radicchio has wilted. Adjust taste with salt and pepper.

For sauce:

3. In a skillet heat **Evo** and sauté shallots until they become translucent. Add zucchini and garlic and continue to sauté until the zucchini become soft. Add half a cup of water, this will help the zucchini to cook better. Add salt and pepper. Transfer the contents to a food processor. Add the cream and the lemon juice and puree. Again, adjust taste with salt and pepper.
4. For Garnish: In a skillet heat the butter and sauté the cubed zucchini until it becomes translucent. Incorporate with the cream of zucchini and adjust taste with salt and pepper.
5. Serving: Place the wilted radicchio in a pyrex dish. Place monk fish on top and place in the oven until hot. On stove top, heat the sauce, pour over fish and serve.

EVOO = Extra Virgin Olive Oi

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Episode #24b

Funghi Portobello alla Griglia (Grilled Portobello Mushroom)

(Serves 4)

Ingredients:

4 Large	Fresh Portobello mushrooms
2 Teaspoons	parsley, chopped
1 clove	garlic, minced
1 pinch	salt and pepper
3 Tbsp.	Evo

Method:

1. Prepare the Portobello by removing the stem.
2. Using a table spoon scrape the bottom of the cap to remove the spore, this helps prevent the mushroom from releasing a black juice.
3. Grill the mushroom on both sides until tender.
4. Remove from grill and season with garlic, parsley, salt, pepper and **Evo**.

EVOO = Extra Virgin Olive Oil

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