

## 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

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### **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.	<b>Evoo</b>

#### **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 **Evoo**.

**EVOO = Extra Virgin Olive Oil**

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