

Episode #5a

Coniglio Brasato al Vino Rosso (Red Wine Braised Rabbit)

(Piemonte)

(Serves 4)

Ingredients:

1 - 2 to 3Lb.	rabbit, cleaned and cut in pieces
3 + 3 Tbsp. or	extra virgin olive oil
	flour to dredge the rabbit
1 medium	onion, peeled and finely chopped
2 Tsp.	garlic, finely chopped
2 Tsp.	fresh rosemary, chopped
3 to 4 leaves	sage, chopped
2 Tbsp.	tomato paste
1 cup or 250 ml.	red wine
1 ½ cups or 375 ml.	vegetable broth
2 Tsp.	parsley, chopped
	salt and pepper

Method:

1. In a dutch oven pot, heat 3 tablespoons of olive oil. Lightly dredge the rabbit pieces in the flour and sear on both sides. Remove from pot and set aside.
2. In the same pot add the rest of the olive oil. Add the chopped onion and garlic and sauté until translucent (not brown).
3. Add the rabbit and cook for 5 minutes, then add the rosemary, tomato paste and sage. Adjust to personal taste with salt and pepper.
4. Add the red wine and evaporate. Add the vegetable broth and cover. Cook for about one hour or until the meat is tender. If necessary add more vegetable broth.
5. Add the parsley, salt and pepper to taste.

EVOO = Extra Virgin Olive Oil

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Episode #5b

Gnocchi di Zucchine (Zucchini Gnocchi)

(Serves 4)

Ingredients:

6 medium	zucchini, cut in 4 lengthwise, cored and finely sliced
1/2 medium	onion, chopped
4 Tbsp.	Evo
3 Tbsp	butter
2	eggs, lightly beaten
2 1/2 cups	flour
1/2 cup	parmigiano cheese, freshly grated
2 Tbsp.	chives, thinly sliced
	salt and pepper to taste

Method:

1. In a large skillet over medium high heat, add the **Evo** and onions. As the onions begin to fry continue to cook until translucent, about 3-4 minutes. Add the zucchini and season with pepper. If amounts are too large for skillet cook in batches and add salt at the end. Cook until the zucchini are very soft. There should be approximately 2 1/2 cups.
2. In a bowl, combine the cooked zucchini and eggs. Mix well. Gradually add flour until a quick batter is formed. Adjust to taste with salt and pepper.
3. In a pot bring to a boil 3 quarts of water with 2 teaspoons of salt. Using two spoons, shape the gnocchi and drop them in the boiling water. As they begin to rise to the surface remove them with a slotted spoon and place in a casserole dish, repeat this process until all the dough is finished. Set aside
4. In a frying pan over medium high heat, add the butter, when the butter begins to fry add the chives and the gnocchi. Sauté until the butter begins to fry, then sprinkle with grated cheese, place in a casserole dish and serve hot.

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