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- 3 Venetian Recipes -



Sarde in Saor

SERVES 4 - COOK IN 30 MINUTES, PLUS 24 HOURS TO MARINATE IN THE FRIDGE



Ingredients

- 700g di fresh sardines, gutted, scaled, heads removed
- 1 kg white onion, finely sliced
- 40g '00' flour (or all purpose flour)
- Sunflower oil for frying
- Extra-virgin olive oil
- Salt and pepper
- 1 tablespoon of caster sugar
- 200ml white wine vinegar
- 40g raisins (optional)
- 40g pine nuts (optional)

Preparation

1

Begin by soaking your raisins in lukewarm water. Take your gutted, scaled (with heads removed) sardines, rinse under cold water and pat dry with kitchen paper. Add the flour into a bowl and toss the sardines, making sure you remove any excess flour.

2

Begin to fry the sardines in sunflower oil (the oil must be boiling!), making sure to brown on both sides. Once browned, drain and transfer onto a plate covered with kitchen paper, and salt. Place olive oil in a frying pan, and on medium heat sweat the onions (around 10-15 minutes). Next add pepper, salt, sugar and vinegar, continue to cook until slightly reduced – this is your saor.

3

In a small bowl begin to arrange a layer of fried sardines, covering with a layer of saor, adding raisins (dried and drained) and pine nuts. Repeat this until you finish all ingredients, ending with a layer of saor. Pour any of the remaining liquid on top.

Wrap with cling film, and leave to marinate in the fridge for 24 hours before serving cold. Buon appetito!

Tuna Polpette

MAKES AROUND 15 POLPETTE - COOK IN 30 MINUTES



Ingredients

- 300g boiled potatoes
- 200g canned tuna, drained of oil
- 45g Taggiasca olives, unpitted and diced
- 1 egg
- 40g fresh rocket, chopped
- Tuft of fresh parsley, finely chopped
- Salt and pepper
- Slice of white bread
- Extra-virgin olive oil
- Breadcrumbs

Preparation

1

Preheat the oven to 200 degrees Celsius (°C), and place a slice of white bread to soak in water for 5 minutes. Mash the boiled potatoes in a bowl, stirring in the chopped parsley, soaked white bread, tuna and egg. Continue to gently mix, adding the olives and rocket, seasoning to taste with salt and pepper.

2

Using damp hands, roll out the mixture into round or oval shapes, coating with breadcrumbs. Arrange the polpette on a baking tray lined with parchment paper, drizzle some olive oil, and bake in the oven for 20 minutes, turning them halfway through the cooking time.

3

Alternatively if you want a bit more crunch to your polpette, pan-fry in sunflower oil till golden. Drain and transfer onto a plate covered with kitchen paper, and serve warm. Buon appetito!

Crostini di Baccalà Mantecato (Salt Cod Crostini)

SERVES 20 CROSTINI - COOK IN 40 MINUTES PLUS 2 DAYS TO SOAK SALT COD FILLET



Ingredients

- 300g salt cod fillet, or stockfish, pre-soaked, skinned and deboned
- 150g Extra-virgin olive oil
- 150g sunflower oil
- 5g salt
- Tuft of fresh parsley, finely chopped
- 1 baguette, sliced 1/2 inch thick

Preparation

1

Preheat the oven to 180 degrees Celsius (°C). Bring to boil a pan of salted water, and boil the pre-soaked, skinned and deboned salt cod fillet for 10 minutes. While the cod boils, briefly heat the oils (extra virgin and sunflower oil) in the microwave or bagnomaria.

2

Drain the cod, making sure to preserve one cup of the salted water. Use your hands to break up the boiled cod into flakes, remove any remaining skin and bones. Place the cod in a bowl and begin to “whisk” using a hand whisk, electric mixer or immersion blender. Continue to whisk, adding the oils (extra virgin and sunflower oil), chopped parsley and season to taste. Add the cup of salted water (put aside at the beginning), and continue to mix until you reach a creamy consistency.

3

Place slices of baguette on a baking sheet and bake for 10 minutes until golden, turning halfway through. In Venice, Baccalà Mantecato is typically served on a thicker slice of bread to balance the thick and creamy consistency of the cod...be generous when spreading the creamed cod. Instead of crostini, you can also serve Baccalà Mantecato on toasted polenta. Savour your Baccalà Mantecato straight away on your choice of toasted bread or polenta, or keep in the fridge until ready to eat. Serve at room temperature. Buon appetito!