

Sautéed Porcini mushrooms with egg cooked at low temperature

Method

Porcini mushrooms: clean and remove any remains of leaves and earth from the mushrooms and cut into slices. Peel and finely chop the garlic and scallion. Pan-fry both ingredients in olive oil and when they start to turn golden brown, add the mushrooms, sautéing them until they start to release water. Sprinkle with finely-chopped parsley and set aside.

Eggs: cook the free range eggs in a steam oven at 70° C for 20 minutes and then for a further two minutes at 80° C. Chill in very cold water and set aside.

Crystal bread: cut the crystal bread in strips and bake at 180° C for 4 minutes until golden brown and crisp.

Serves 4

Ingredients

320g/11oz Porcini mushrooms
4 free range eggs
1 clove garlic
1 small fresh scallion
Parsley
Virgin olive oil
Salt flakes
Crystal bread

To serve

Serve the Porcini mushrooms in a bowl and sprinkle finely-chopped parsley according to taste. Then preheat the eggs in a steam oven for a minute at 80° C and place on the bed of mushrooms. Garnish one side of the dish with a strip of crystal bread and add salt to taste.





Baby squid cooked in its own ink the traditional way

Method

Cleaning the baby squid: it's important to use a top-quality, very fresh product. It's not a good idea to remove the skin because it lends a lot of flavour to the dish. Firstly, pull the tentacles to remove all the innards in one go and remove the pen. Carefully remove the ink sac, which is required for the sauce. Separate the tentacles from the innards and disregard the latter, and remove the hard beak. If the squid is very small, inserting a finger inside to remove any sand should suffice. If larger, it can be turned inside out like a sock to clean well.

Baby squid: finely chop the tentacles and fins. In a casserole pan, gently sauté the finely-chopped scallions over medium heat in oil with a pinch of salt. Once tender, turn up the heat, add the fins and tentacles and sauté for 15 minutes. Season and allow to cool. Fill the inside of the squid with the resulting mixture. Seal the squid with a cocktail stick, season and sauté with a drop of oil in a preheated non-stick frying pan. Set aside.

Sauce: gently sauté the scallions, pepper and garlic – all finely-chopped - over medium heat in another casserole pan with a pinch of salt. After around 40 minutes, pour in the white wine, reduce and add the tomato sauce. Thin with hot water, add the ink and a further pinch of salt and cook for around 30 minutes. Pass through a blender and strain into a saucepan.

To serve

Immerse the baby squid (having removed the cocktail stick) into the sauce together with any juice that has been released and simmer until soft (around 30 minutes). Add salt to taste and, if necessary, add a little water if the flavour of the sauce is too strong.

Serves 4 Ingredients

Baby squid:
32 small line-caught baby squid, cleaned
2 scallions
A pinch of salt
2 tbsp olive oil

For the sauce:

4 scallions
1 green Italian pepper
2 cloves garlic
3 tbsp extra virgin olive oil
1 glass dry white wine
10 tbsp tomato sauce
500ml/17fl oz hot water
Baby squid ink
Salt

Hake nape baked in traditional style

Method

Potato rounds: wash, peel and slice the potatoes. Julienne the onion and sauté in hot oil. Add the potatoes, cover and simmer and season with salt and pepper. Add the white wine and chicken stock. Boil for 3 minutes, place in a dish and bake at 160° C for between 25 and 30 minutes.

Hake nape: clean and remove the innards from the nape. Cook on an oiled griddle until golden brown and then bake in the oven at 180° C for 4 minutes until the temperature drops below 42° C. At this point, remove and finish cooking the nape by repeatedly sprinkling the refrito over it.

Refrito: heat up the oil to 160° C, add the chilli peppers, cut into rings, and after a few seconds the sliced garlic. When the garlic starts to turn golden brown, sprinkle the nape with vinegar and pour the refrito on the top. Add plenty of finely-chopped parsley.

To serve

Serving this classic local dish is a simple task: place the hake nape on a dish, ensuring it is well dressed in vinegar with the refrito on top and the potato rounds to one side.

Serves 4 Ingredients

2 x 1kg/2lb hake napes
Finely-chopped parsley

For the refrito:

5 cloves garlic
8 rings of dry red chilli pepper
200ml/7fl oz olive oil
50ml/2fl oz cider vinegar

For the potato rounds:

4 medium-sized potatoes
100ml/3½fl oz olive oil
150g/5½oz onion
25ml/1fl oz white wine
100ml/3½fl oz chicken stock
Salt
Ground pepper

