

COUS COUS WITH SEAFOOD (ÈSUGODIMARE)



Chef: Leonardo Pellacani

Menù Ingredients

20 g Olive Leccino Nostrale denocciolate - Pitted Leccino Olives - Z91
420 g + 180 ml di liquido Èmaremix - MZ1
80 g Cous cous - RU0
q.s. Olio extravergine di oliva - Extra Virgin Olive Oil - EKC
q.s. Preparato in polvere allo zafferano - Saffron Powder Mix - B90

Ingredients

40 ml Water
30 g Zucchini, diced
30 g Red and green peppers, diced
30 g Eggplant, diced
30 g. Carrots, diced
q.s. Parsley
30 g Salt
q.s. Lemon wedge
q.s. Pepper
q.s. Garlic

Method

Serve 1

Pour the water and the Èsugodimare liquid into the pan, bring to simmer and flavour with the saffron powder. Add a table spoon of evoo to the couscous, then rehydrate it by adding the hot saffron water. Leave the couscous to rest for few minutes. In an another pan, add a drizzle of garlic infused extra virgin olive oil, and add peppers, carrot, zucchini and eggplant., cook for 2 minutes.(Note: the vegetables can also be added raw). Season with ground pepper and chopped parsley. Once the vegetables are cooked, add the pitted Nostrale olives and Èsugodimare then the cous cous and adjust with salt and pepper if needed. Plate up the cous cous and garnish with fresh vegetables, a sprig of parsley and a lemon wedge.

Gluten Free Method