

PANTONE FOODMOOD

Guido Tommasi Editore

PANTONE

FOODMOOD

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red mullet on sweet potato

4 servings
preparation: 30 min
cooking: 15 min
difficulty: medium

2 sweet potatoes
20 red mullet fillet
butter
extra-virgin olive oil, to taste
1 organic lemon
salt
pink peppercorns

Slice the potatoes into disks and arrange them on a cookie sheet covered with baking paper; brush them with a little olive oil and cook at 180 °C / 356 °F for 15 minutes.

Using tweezers, remove any remaining bones from the fish fillets. Rinse them under water and dry with a paper towel.

Melt the butter in a small saucepan over low heat.

Brush the 4 fillets with the melted butter, then cook them in a nonstick pan for 5 minutes, turning once.

Place them on a paper towel to absorb excess oil, add salt to taste and keep warm.

Remove the flesh from the remaining fillets and cut it into cubes.

Heat a little extra-virgin olive oil in a nonstick pan, add the cubed fish, season with a tablespoon of grated lemon zest and cook for 3 minutes.

Arrange the potatoes in a single layer on baking paper, overlapping them slightly. Using a sharp knife, cut 4 rectangles measuring 10 x 12 cm / 4 x 4.70 each, then carefully transfer them onto 4 plates using a wide spatula.

Place one fillet and 1/4 of the red mullet cubes on the square of potatoes, then drizzle with extra-virgin olive oil and dust with crushed pink peppercorns.



blue cabbage risotto and green apple

4 servings
preparation: 15 min
cooking: 30 min
difficulty: easy

240 g / 8 1/4 oz superfino rice (Arborio)
400 g / 14 oz red cabbage
1 shallot
1 l vegetable broth
blue natural food coloring
30 g / 1 oz butter
grated Parmigiano Reggiano cheese
1 granny smith apple
juice of 1 organic lemon
rosemary
60 ml / 2 fl oz extra-virgin olive oil
salt

Clean the cabbage, cut into strips and sweat off in a pan with a tablespoon of extra-virgin olive oil for 10 minutes or until the cabbage is wilted. Transfer the cabbage to the bowl of a food processor, add a little olive oil and water and blend to produce a smooth, homogeneous cream.

Slice the shallots thin. Heat 2 tablespoons of extra-virgin olive oil in a pan, add the sliced shallots and cook until they are translucent.

Add the rice, stir and cook until the grains of rice are shiny and translucent, then add 2 ladlefuls of boiling broth and continue to add more as it evaporates. About halfway through cooking add the cabbage cream, a few drops of food coloring and salt to taste.

Cook the risotto *al dente*, remove from heat and stir in the butter and some Parmigiano Reggiano. Allow the risotto to amalgamate for 5 minutes.

Cut the apple into small cubes, sprinkle with lemon juice and set aside.

Place a 5 x 7 cm / 2 x 2.75 in pastry cutter on a serving dish, fill it with risotto until it is 2 cm / 0.80 in thick. Prepare 8 portions in the same manner.

Arrange the apple cubes on the rice, sprinkle with finely cut rosemary and serve.



savory asparagus tarts

4 servings

preparation: 40 min + resting time

cooking: 40 min

difficulty: medium

2 bunches asparagus
2 puff pastry sheets
Edam cheese, to taste
salt and pepper

cheese béchamel

25 g / 1 oz butter
25 g / 1 oz all-purpose flour
250 ml / 8 fl oz milk
25 g / 1 oz Emmental cheese
nutmeg

Clean the asparagus, discard their fibrous ends. Rinse them under water to eliminate any remaining dirt, parboil in boiling salted water for 2 minutes and set aside.

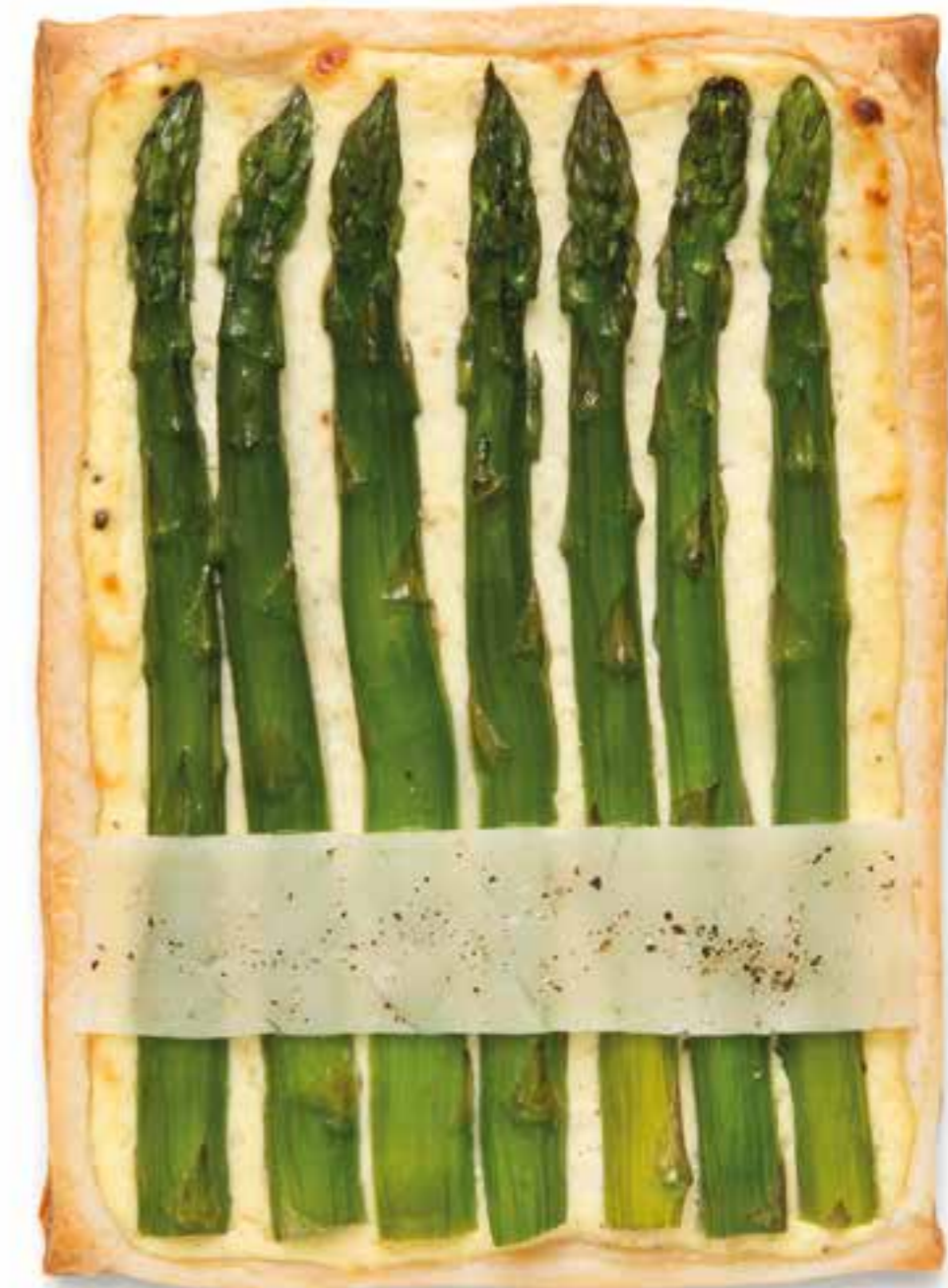
To prepare the béchamel, melt the butter in a heavy-bottomed saucepan and add the sifted flour, stirring constantly, until the mixture begins to foam.

Remove from heat and, stirring constantly, add hot milk, salt to taste and add thinly sliced Emmental cheese. Return to heat and cook for about 10 minutes. Once ready, flavor with nutmeg to taste and keep warm.

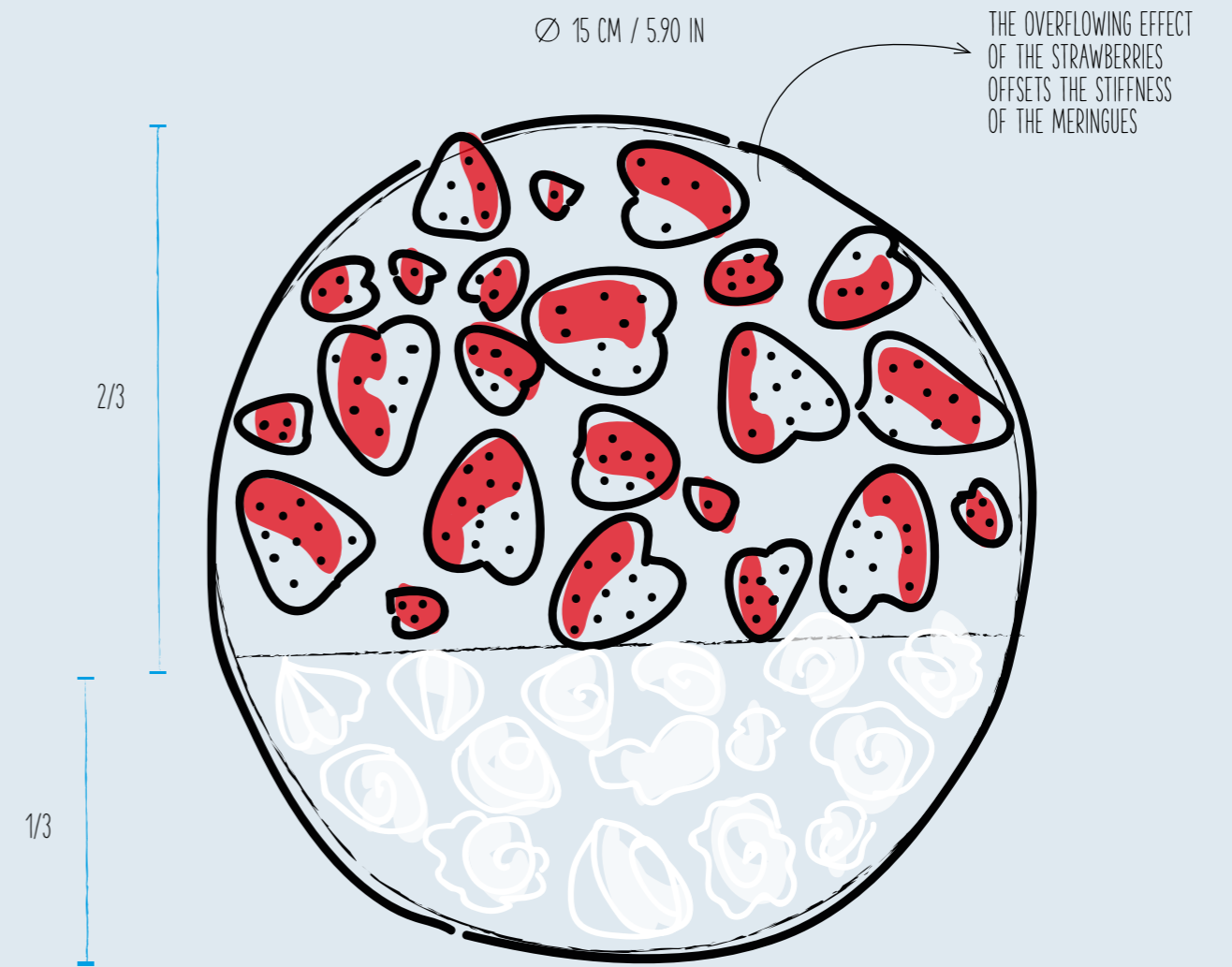
Roll out the puff pastry and cut 4 rectangles measuring 12 x 17 cm / 4.70 x 6.70 in each. Pour the cheese béchamel on top of them, leaving an edge.

Arrange the asparagus on each tart and bake in the oven at 180 °C / 356 °F for 30 minutes.

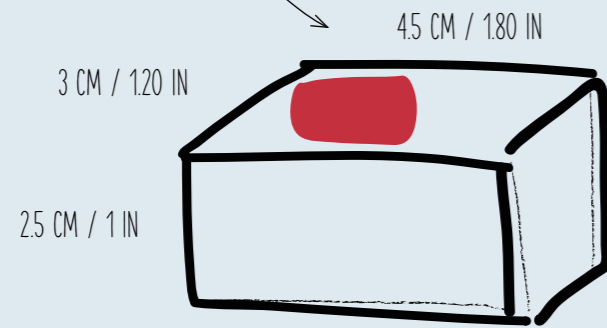
Once cooked, allow the savory tarts to cool slightly, garnish with a thin strip of Edam cheese, sprinkle with pepper and serve.



ROUND MERINGUE WITH WILD STRAWBERRIES

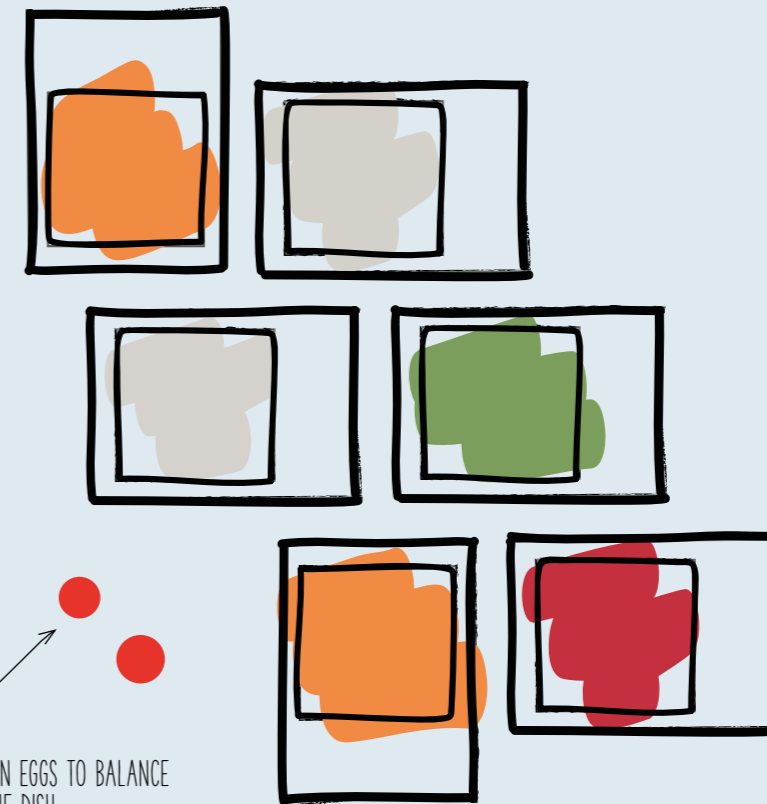


DRAW A CIRCLE WITH A PENCIL ON A PIECE OF BAKING PAPER TO SHAPE THE TORTE. TURN THE PAPER OVER SO THE PENCIL MARKS DON'T COME INTO CONTACT WITH THE INGREDIENTS

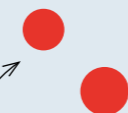


NIGIRI SET

ARRANGE THE NIGIRI IN A GEOMETRIC COMPOSITION

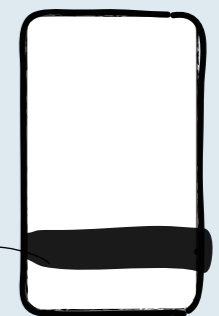


ARRANGE THE SALMON EGGS TO BALANCE THE GEOMETRY OF THE DISH



- TUNA
- SALMON
- GREEN TOBIKO
- RED TOBIKO
- RED LUMPFISH ROE
- ORANGE TOBIKO

BROWN THE TOFU IN A FRYING PAN TO MAKE IT SLIGHTLY CRISPY



STRIP OF NORI SEAWEED

3 CM / 1.20 IN
5 CM / 2 IN

DESIGN YOUR FOOD

Guido Tommasi Editore