

FRIED CAULIFLOWER

INGREDIENTS:

1 Head Cauliflower
10 oz Castelvetrano Olives –
Sliced
Toasted Sunflower Seeds
Canola Oil
Salt
Pepper

CAULIFLOWER DREDGE:

Tapioca Starch
Corn Starch

FETA MOUSSE

Feta Cheese
Heavy Whipping Cream

DILL SERRANO SAUCE:

Dill
Serrano Peppers
Lemon Juice
Garlic
Cilantro
Olive Oil
Red Chili Flakes

COOKING & PLATING DIRECTIONS:

1. Heat Fryer Oil to 350°F
2. Cut Cauliflower into medium florets and place them in salty water.
3. Drain cauliflower and dredge in cauliflower dredge until well coated
4. Shake off excess starches and place in fryer.
5. Fry for about 3-5 minute or until cauliflower are golden brown and crispy.
6. Once the cauliflower is cooked to a crisp, remove from the fryer, place them into a bowl and toss them with salt & pepper. Set Aside
7. To Plate:
 - o Place Dill Serrano Sauce & Feta Mousse on the bottom of the plate.
 - o Place cauliflower on top of the Sauces
 - o Garnish with the sliced olives & toasted sunflower seeds

CAULIFLOWER DREDGE

1	LB	Tapioca Starch
1	LB	Corn Starch

PREPARATION

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| 1. Add all ingredients in a bowl and mix well |
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DILL SERRANO SAUCE

150	Grams	Dill
2	Each	Serrano
15	Grams	Lime Juice
10	Grams	Garlic
100	Grams	Cilantro
75	Grams	Olive Oil
10	Grams	Red Chili Flakes
10	Grams	Salt
5	Grams	Pepper

PREPARATION

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| 1 Blanch all herbs and place in ice bath. |
| 2. Add all ingredients into a blender and blend until all ingredients are fully mixed and have a chunky smooth consistency |

SARDINIAN PASTA

INGREDIENTS

Fregula Sarda Pasta

Bell Peppers

Garlic

Red Onions

Toasted Fennel Seeds

Toasted Celery Seeds

Canned San Marzano Crush Tomatoes

Tomato Paste

White Wine

Thyme

Olive Oil

Toasted Mustard Seeds

Salt

Pepper

Feta Cheese

Pine Nuts

Mint

COOKING & PLATING DIRECTIONS:

1. Bring a pot of water to Boil.
2. When the water is up to a boil, add salt until it tastes like the ocean (salty).
3. Add Fregula Sarda Pasta to the boiling water and cook until pasta is al dente.
4. Once pasta is cooked, set aside.
5. Place a sauté pan over medium heat and sauté the pepperonata sauce and add the pasta.
6. Season to taste with salt & pepper
7. Place pasta in a bowl and garnish with Toasted Pine nuts, Feta Cheese Crumble, and mint.

PEPPERONATA

3	Ea	sliced bell
10	Cloves	sliced garlic
1	Ea	sliced red onion
15	grams	toasted fennel seed
15	grams	toasted celery seed
1	12oz Can	san marzano tomato crushed
1	Tablespoon	tomato paste
1	cup	white wine
25	grams	thyme
¼	Cup	olive oil
1	Teaspoon	toasted mustard seed
to taste		salt and pepper

PREPARATION

1. Sauté garlic, onion and peppers until aromatic, add tomato paste and brown.
2. Add white wine and reduce, when almost dry add crushed tomatoes & Reduce to half
3. Add toasted spices and season to taste.