

CASTROVINCI
Cookbook

Paccheri with swordfish and anchovies ragù



SERVES 8
COOKS 30 MINS
DIFFICULTY
NOT TOO TRICKY

400g **paccheri** pasta
200g **swordfish**
100g **sun-dried**
tomatoes
30g **salted capers**
4 **anchovy fillets**
1 **onion**
1 **clove of garlic**
200g **peeled**
tomatoes
1 **sprig of parsley**
4 **mint leaves**

50g **pistachios**
Extra **virgin olive oil**

Cut the swordfish into 1cm cubes. Heat the oil in a shallow casserole dish and sauté the crushed garlic, roughly chopped dried tomatoes, capers, anchovy fillets and chilli.

Add the swordfish and cook over a high heat for 5 mins. Add the sieved peeled plum tomatoes and cook for another 10 mins over a low heat.

In the meantime, boil the pasta *al dente*. Drain, dress with the ragù, and sprinkle with chopped parsley and mint. Serve the pasta hot and garnish with crushed pistachios and a drizzle of fresh oil.



Chard with gazpacho and anchovies



SERVES 4
COOKS 30 MINS
DIFFICULTY
EASY

GAZPACHO

1 kg **tomatoes**
2 **red peppers**
1 **cucumber**
1 **clove of garlic**
Extra virgin olive oil
Salt and pepper to taste
Wine vinegar
Anchovy fillets in oil

CHARD

600 g **chard**
3 tbsp **extra virgin olive oil**
1 **clove of garlic**
Salt to taste

Gazpacho

Score the tomatoes, blanch for 30 seconds then peel them. Chop the red peppers, peel and chop cucumber. Put everything in a blender, add the garlic, plenty of extra virgin olive oil and some anchovy fillets. Blend until thick and smooth. Season the sauce with a dash of wine vinegar, and a pinch of salt and pepper, then refrigerate for at least a couple of hours.

Chard

Thoroughly wash the chard under running water, remove the tougher, longer stalks and cut the leaves into chunks. Heat the oil in a non-stick pan and brown the garlic: remove when golden, then add the chard along with a generous cup of water. Sauté for about 20 minutes, the chard will be ready when all the water has evaporated. Serve while crispy on top of a layer of gazpacho and, if you like, decorate with some anchovy fillets.



Chive and anchovy mousse



SERVES 4
COOKS 15 MINS
DIFFICULTY
EASY

200 g **ricotta**
30 g **fresh cream**
6 **anchovy fillets in oil**
2 tbsp **extra virgin olive oil**
1 **bunch of chives**
Salt and pepper to taste
Chopped **almonds** to taste

Drain the ricotta well. Finely chop the chives and anchovy fillets, and combine with the salt, pepper and oil. Whisk the cream and add it to the mixture. Gently fold in the cream, mixing in one direction from the bottom to the top. Transfer to a small ramekin and garnish with chopped almonds. Keep in the fridge until ready to serve. Perfect for spreading on crostini, canapés or toast.



Chive and anchovy mousse



SERVES 4
COOKS 30 MINS
DIFFICULTY
EASY

12 **sardines**
4 **anchovies in extra virgin olive oil (evo) with red chilli**
50 g **raisins**
50 g **pine nuts**
2 tps **breadcrumbs**
1 leaf **bay leaf**
1 **lemon**
1 **oranges**

1 tsp **sugar**
1 small glass **white wine vinegar**
1 tsp **capers**
4 tps **evo**
Salt to taste
Black pepper to taste
1 sprig **mint**
1 sprig **parsley**
Juice of 1 **small lemon**

In a large-bottomed pan, pour a round of extra virgin olive oil and add the breadcrumbs. Toast it over low heat, until golden brown. Add the capers, anchovies, pine nuts, raisins, a little grated lemon zest, some mint leaves and parsley. Season with salt and mix

Open the sardines like a book, remove the central spine, salt them and distribute some of the freshly prepared mixture on each fish.

Roll the sardines and wrap each roll in a bay leaf, fixing everything with a toothpick.

Before baking, with a brush, wet the sardines with a mix of pepper, sugar, orange juice, lemon, a drop of vinegar, extra virgin olive oil.

Put in the oven for about 6 min.

Remove from the oven, let it cool before serving.

