

Francesco's "Bastide Seafood & Fennel Salad"

Ingredients for 2 people:

Squid 60g (2oz)
Cuttlefish 60g (2oz)
Prawns 60g (2oz)
Fennel 60g (2oz)
Artichokes 60g (2oz)
Pine nuts 20g (3/4 oz)
Bottarga 10g (1/3 oz)
Basil 6g (1/4 oz)
Lemon 0.6dl (2 Fluid oz)
Extra virgin olive oil 1dl (1/3 Fluid oz)
Lemon zest 5g (1/4 oz approximately)

Preparation:

- 1) Blanch the squid and cuttlefish cut into rings and cook in boiling salted water for 5 minutes, drain and let them cool.
- 2) Steam the prawns without the shell at 100C (220F) degrees for 5 minutes and let them cool.
- 3) Take the artichokes, clean them leaving only the heart, cut them finely and season with oil, salt, pepper and lemon.
- 4) Wash the fennel, cut them very finely in the slicer and leave them to soak in water and ice to make them crunchy.
- 5) Julienne the lemon peel then blanch it in boiling water quickly and let it cool in water and ice.
- 6) Season the squid, cuttlefish and prawns with salt, pepper and lemon juice.
- 7) Add olive oil.

Plating:

- 1) Use an open ring or other shaped container with only sides and center on a flat plate.
- 2) Arrange the fish then add the artichokes and fennel seasoned with salt, pepper, oil, lemon and basil.
- 3) Season with bottarga and pine nuts.
- 4) Gently remove the outer ring and serve.

Enjoy your meal