



**PASTAs and  
RISOTTOs  
with codfish**

# egg pasta

5 servings

4 minutes

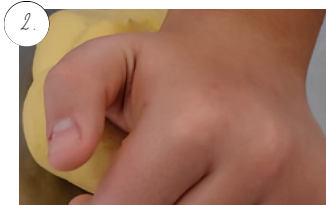
## INGREDIENTS

500 all purpose flour

5 eggs



1. put the eggs and the flour in the mixer, turn on the mixer and process until you reach a crumbly mixture



2. put the mixture on the table and knead by hand - if the dough is too dry add some water, if it is too soft add some flour

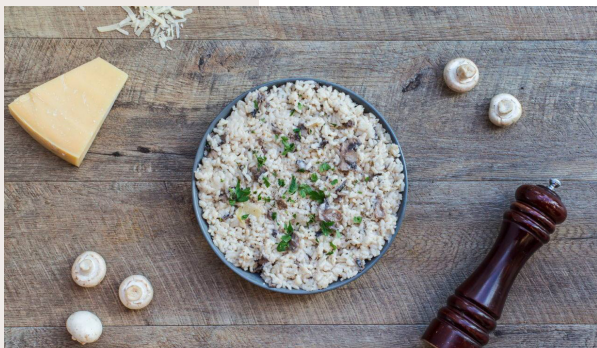


3. when you have reached a smooth and homogeneous consistency, you can roll it through the pasta machine in order to get a pasta sheet



4. after obtaining a thin sheet you can cut it in the shape you prefer and get your tagliatelle, tagliolini, fettuccine, or ravioli.







### Ingredients

200 g vialone nano rice  
1 cod fillet  
500 ml broth  
2 garlic cloves  
1 knob of butter  
extra virgin olive oil to taste  
chopped parsley to taste  
salt to taste

## Risotto with codfish and parsley

 2 servings

 15 minutes

### Method

- 1) Fry a clove of garlic cut in half. Meanwhile cut the cod fillet into slices.
- 2) Remove the garlic from the sauté and add the rice. Toast it for a couple of minutes on a high flame.
- 3) Add the broth, mix and close the pressure cooker. Cook for 7 minutes starting from the whistle.
- 4) Blend plenty of extra virgin olive oil, a few spoonfuls of parsley, a clove of garlic and a pinch of salt until you get a fairly smooth green sauce. Transfer the emulsion into a sauce dispenser.
- 5) Preparation of parsley sauce  
Vent and open the pressure cooker. Add a knob of butter and mix vigorously to cream the risotto.
- 6) Stir in the cod risotto with the butter. Transfer the risotto to plates and decorate with the previously prepared parsley sauce.



## Baked Conchiglioni pasta with Cod fish



2 servings



15 minutes

### INGREDIENTS

160 g conchiglioni pasta

350 g cod fillet

a pinch of salt

a pinch of pepper

lemon juice, to taste

parsley, to taste

tomato sauce, to taste

parmesan cheese, to taste

## METHOD

### FISH:

1. Rinse the cod under running water.
2. Line a baking tray with a sheet of parchment paper and arrange the fish fillets on it.
3. Bake at 220° in a convection oven for 20 minutes. Wait for them to cool.
4. Put the cold or hake fillets into a bowl and flake them with the help of a fork.
5. Season with a pinch of salt, a pinch of pepper, a few drops of lemon juice, chopped parsley and amalgamate.

### PASTA:

1. Cook the conchiglioni very al dente in the way they remain whole and you can fill them.
2. Prepare a container with cold water and, when you have to drain them, remove them from the pot gently with a slotted spoon, immerse them in cold water and move them to dry on a cutting board or on a surface lined with parchment paper or aluminum foil.
3. Prepare a baking dish. Spread a thin layer of sauce on the bottom of the dish.
4. Fill the conchiglioni with a teaspoon by distributing the fish.
5. Order the stuffed conchiglioni in a single layer.
6. Spread any leftover fish and tomato sauce on the surface.
7. Complete with a sprinkling of grated cheese and grind a little more pepper.
8. Bake at 180°C in a fan oven for 15-20 minutes until you get a crunchy crust on the surface.

## ravioli stuffed with cod



4 servings



40 minutes

### INGREDIENTS

300 g all purpose flour

3 Eggs

7 Cod fillets

1 stalk of Leek

1 Onion

20 Cherry tomatoes

Salt to taste

Pepper as needed

Evo oil to taste

### DIRECTIONS

1. Mix all purpose flour and eggs creating a dough. Wrap in film and leave to rest in the refrigerator.
2. Cook half of the cod cut with a knife in a pan with a drizzle of oil for a few minutes.
3. Sautè the chopped leek and onion together with the roughly chopped cherry tomatoes in a pan with a drizzle of oil. Let go for a few minutes and add 2 coarsely chopped cod fillets. After that blend and filter everything
4. roll out the dough and then form circles with the pastry rings, fill with the remaining cod previously seasoned and close forming ravioli. Cook the ravioli in abundant salted water for about 3-4 minutes.
5. | Serve by pouring the cod and cherry tomato cream on the plate, add the ravioli and the cod ragout.

### NOTES

this is a very simple dish to prepare, using simple ingredients, which combined together create a delicious dish.



# Ravioli with codfish, zuchinis and cherry tomatoes

## INGREDIENTS

Zuchinis  
salt  
oil  
cod fish  
onion  
black pepper  
cherry tomatoes  
capers

## METHOD

**Prepare the pastry sheet, using the flour and semolina flour, put the broken up cod fillet hearts in a pan with a little oil and a little salt, as soon as they change colour, take them and blend them together with 2 tablespoons of ricotta and grated bread, roll out the dough and put the filling in the pastry and then close with another pastry and cut them. Then sauté the courgettes and datterini tomatoes in the pan. Cook the ravioli and season with zucchini, cherry tomatoes and a squeeze of lemon**

## NOTES



**Nicolò&Jesus Matos**

## *cod and artichoke linguine*



2 servings



20 minutes

### INGREDIENTS

linguine 400g

3 large artichokes

Cod 350 g

1 lemon

Parsley

Olive oil

Garlic and chilli

### METHOD

1. first clean the artichokes and put them in a bowl with cold water and lemon juice. Cut them into 2cm thickness.
2. Cut the cod and season it with lemon juice and parsley.
3. Put the water to boil in a pot.
4. Fry the garlic in a pan with the oil. Pour in the artichokes and cook them over high heat.
5. put the cod in the center of the pan. cook for 8-10 minutes to complete cooking.
6. When the pasta water starts to boil, add the salt and the pasta.
7. Drain the pasta al dente and pour it into the pan. Gently mix and add the chilli pepper and a dash of lemon juice.

Carlo&Andrea



*paccheri with cherry*

*tomatoes and cod*



4 servings



45 minutes

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## INGREDIENTS

- 400 grams of paccheri
- 1 kg of fresh cod
- ten fresh cherry tomatoes
- 3 cloves of garlic
- 8 tablespoons of extra virgin olive oil
- Salt to taste
- A little chili pepper

## DIRECTIONS

1

In a pan with a clove of garlic and a couple of tablespoons of oil, cook the cod gently, preventing it from flaking out. If necessary, add half a glass of water.

2

Fillet the fish, keeping the best parts aside. In a saucepan with half a glass of water, collect head, bones and use them to make broth, Let it go on high heat, until the fish bottom has become enraptured

3

Bring the pasta water to a boil.

4

Add the cherry tomatoes cut in half and fry everything for a couple of minutes; then add the filtered cod sauce, fillets and a pinch of salt.

5

Drain the paccheri and sauté them in the pan with the fish for a couple of minutes.





*calamarata pasta with  
tomatoes and codfish*



4 servings



30 minutes

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## INGREDIENTS

320 gr. Calamarata Pasta

4 fillets of codfish

3 fresh clean artichokes

200 gr. cherry tomatoes

15 pitted black or taggiasche olives

2 tablespoons of capers

salt to taste

pepper and fresh oregano to taste

1 clove of garlic

a few basil leaves

rice flour to taste

extra virgin olive oil to taste

## DIRECTIONS

- 1) put the artichokes in cold water with lemon and set them aside
- 2) put the water in a pot and heat it; as soon as it boils add the salt
- 3) add the pasta and cook as written on the package
- 4) meanwhile flour the cod fillets
- 5) cook them in a pan with oil, and when cooked set them aside
- 6) heat 2 tbs of oil in a pan with the garlic and stir in the artichokes
- 7) add cold water and cook for 5-7 minutes
- 8) cut the cherry tomatoes into quarters and add them to the pan with some salt and pepper
- 9) add olives, capers and the cod fillets
- 10) when the pasta is ready, drain it and add it to the sauce pan; sauté and serve hot



Martina&NicolòT

## *codfish with potatoes*

2 servings



20/25

minutes

### INGREDIENTS

Cod fish 150g

potatoes 75g

Onions 30g

Eggs 3

Salt to taste

Oil to taste

olives 20g

## Method

- fillet the Cod fish and finely cut the potatoes
- cut the onions, put in a pan with warm oil and brown them
- add the cod fillets and the potatoes and cook for about 5 minutes
- in the meantime, crack the eggs in a bowl and beat them
- when the cod is nearly cooked, add the eggs in the pan and stir; season with salt and pepper and add the olives as a topping

mirko

# risotto with asparagus and peas



4 servings



30 minutes

## INGREDIENTS

4 portions of cod fillet

150g of asparagus spears

1l vegetable stock

2 shallots

1 garlic

25g of unsalted butter

250g of carnaroli risotto rice

250ml of dry white wine

50g of frozen peas

30g of Parmesan

oil, salt, pepper

## DIRECTIONS

1. let's start by preparing the broth by putting the non-edible part of the asparagus into the broth
2. cut the asparagus spears and set them aside, with the central part cut into slices, cook the peas and asparagus in the pan with butter
3. prepare the cod, seasoning it with salt and pepper. Heat a large non stick frying pan over a medium heat and add the olive oil. Add the fish to the pan Turn the heat down and cook for 5 minutes. Add the butter to the pan and turn the fish over, cook for a further 4-6 minutes depending on the thickness of the fish, basting occasionally with butter
4. let's prepare the rice, put the oil and the shallot in a pan and let it brown, then add the rice and let it toast, then deglaze with the wine and then add the broth and let it cook. when cooked, add the asparagus and peas and stir in the butter and Parmesan
5. Serve the rice, add the cod fillet on top of the rice and decorate as desired

© a zucchero zero





## Risotto with codfish and lemon



3 person



40 minutes

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RICE CARANAROLI 320 gr  
ONIONS  $\frac{1}{2}$   
COD cooked confit - 100 gr  
LEMON zest - 1  
VEGETABLE BROTH 1 l  
PARMIGIANO REGGIANO 10 gr  
BUTTER 30 grams  
SALT to taste

## directions

1

Fry the chopped onion with the oil used to cook the cod

2

Add the rice and let it toast for 5 minutes over moderate heat.

Wet, then, with the vegetable broth, until the rice is covered and let everything cook over moderate heat for about 13 minutes, adding more broth from time to time if the rice should dry out too much.

3

Flavored with the grated lemon zest, add the cod confit into small pieces keeping aside a few slices for decoration and stir with parmesan and butter.

4

Put the risotto back on the fire for another two minutes over high heat.

Serve the risotto decorated with the aside slices of cod and the julienne lemon peel.