

# Radici



## COOK ALONG WITH FRANCESCO MAZZEI

METHOD GUIDE

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## ANTIPASTO 1

*Spicy meatball, polenta*

Ingredients:

1. *Meatballs*
2. *Polenta flour*
3. *Water/milk*
4. *Butter*
5. *Grana Padano cheese*

*METHOD*

Place the meatballs in a saucepan and reheat on a low heat until hot to the core.

Meanwhile, pour the mix of water and milk in a saucepan, bring to the boil and add a few pinches of salt. Start pouring in the polenta flour and mix energetically. Cook for about 8 minutes.

Remove from heat and add the butter and cheese, mixing until all well combined and creamy.

Transfer into a serving dish and add the meatballs on top.

## ANTIPASTI 2

*Mackerel scapece*

Ingredients:

1. *Mackerel*
2. *Pickled vegetables*

*METHOD*

Preheat the grill of the oven at 200°C.

Place the mackerel fillet onto a shallow baking tray and place under the grill until the skin is nice and caramelised. Transfer in a serving dish.

In the same tray place the vegetables and quickly reheat under the grill for 30 seconds. Add to the fish and serve.

## MAIN

*Roasted chicken, potatoes, vegetables*

Ingredients:

1. *Chicken*
2. *Roast potatoes*
3. *Vegetables*
4. *Gravy*

*METHOD*

Preheat the oven at 165°C.

Place the chicken on a baking tray and reheat for about 20 minutes.

After 5 minutes add the potatoes to the chicken and keep reheating, flipping the potatoes from time to time.

In a pan, stir fry the vegetables, seasoning with salt if needed.

On a swerving dish place the vegetables and the potatoes, add the chicken cut in smaller pieces and finish with the hot gravy.

## DOLCE

*Pannacotta, orange, chocolate*

Ingredients:

1. *Pannacotta*
2. *Orange segments*
3. *Chocolate sauce*

*METHOD*

Place the pannacotta in a serving dish.  
Pour the chocolate sauce and finish with the orange segments.