

Fusilli with romanesco broccoli and mackerel

Fusilli with romanesco broccoli and mackerel is a very simple, colourful first course. The creamy, attractive broccoli sauce perfectly complements the pronounced character of the mackerel, creating a superb marriage of flavours.

Ingredients:

200g fusilli
4 small filets of fresh mackerel
1 romanesco broccoli
5/6 cherry tomatoes
salt as needed
extravirgin olive oil as needed

Procedure:

1. Carefully wash then cut up the romanesco. Wash the cherry tomatoes and cut into quarters.
2. Put the romanesco in boiling water and cook for ca. 9-10 minutes.
3. Remove the romanesco pieces and set aside. Put the fusilli in the same boiling water and cook for the time indicated on the package.
4. Slice the mackerel and cook 5 minutes in a hot frying pan, cooking the skin side first; remove and set aside.
5. Whisk the romanesco, but keep some sprigs for garnishing the plates. If the cr me is too dense, add a tablespoon or two of cooking water from the pasta.
6. Put romanesco cr me into the same frying pan, add a bit of cooking water, salt, and a drizzle of olive oil. Mix the sauce and keep hot until the pasta is cooked.
7. Drain the pasta and put it and the romanesco cr me into the frying pan. Toss the pasta for a few moments to adhere the sauce to it.
8. Plate the fusilli and, to add colour to the dish, garnish with the set-aside romanesco leaves and pieces of cherry tomatoes.

Note

This recipe presumes use of two small mackerels, about 15-20cm long. If a larger fish is used, one may suffice. Mackerel is economical and healthy (very rich in omega-3); it degrades quickly, however, and so it should be consumed while still fresh.