



## Carpaccio

## For the Love of Good Food

### ***Carpaccio di Pesce al Rafano - Fish Carpaccio with Horseradish***

This Italian dressing is also excellent on boiled potatoes, zucchini or carrots, grilled red radicchio, or poached fish, such as salmon or cod. This is in case you do not enjoy raw fish, otherwise they are just other alternatives. I have personally used with beef carpaccio because I like the combination of horseradish and beef.

#### Ingredients (6 servings)

*1 large egg plus 1 extra yolk*  
*½ cup extra virgin olive oil*  
*1 tbsp grated fresh horseradish*  
*1 anchovy fillet in oil, drained*  
*Juice ½ lemon*  
*1 garlic clove*  
*1 ¼ lb firm fish, such as tuna, salmon or swordfish*  
*Salt & pepper*

1. Put the egg and extra yolk in a blender and blend. With the motor still running, add the oil in a steady stream until a mayonnaise forms.
2. Add horseradish, anchovy, lemon juice and garlic and blend again until creamy. Add salt & pepper to taste and transfer to a serving bowl.
3. Slice the fish paper thin and arrange on a serving platter. Serve with the horseradish sauce.

P.S. If you do not want to make mayonnaise from scratch, pound the anchovy with other flavorings, then fold into  $\frac{3}{4}$  cup ready made mayonnaise.

### ***Carpaccio al Finocchio e Fave \_ Meat Carpaccio with Fennel & Fava Beans***

To slice meat really paper thin, put it in the freezer for about one hour before slicing. Use top round or eye round beef.

#### Ingredients (6 servings)

*1 lb lean beef*  
*2 fennel bulbs*  
*2 lb very fresh fava beans*  
*Juice and grated zest of 1 lemon*  
*6 tbsp extra virgin olive oil*  
*Salt & pepper*

1. Slice meat paper thin and arrange slightly curled on a serving platter.
2. Discard the tough outer leaves of the fennel, slice paper thin vertically.
3. Peel fava beans, and if they are bitter remove the thin inner skin as well (if so buy twice quantity).
4. Arrange the fennel on top of the meat and the fava beans around it.
5. Sprinkle with the lemon juice and zest and salt and pepper to taste. Pour over the olive oil.
6. Serve at room temperature.