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Fregola with crab, shrimps, carrot, ginger, chives



Ingredients

For Ginger and chives (garnish):

Ginger 30 grs

Chives 30 grs

Extra Virgin Olive Oil 10 grs

For Sweet Garlic cappuccino (foam):

Garlic cloves 1 pcs

Milk 70 grs

Cream 40 grs

Butter 40 grs

Salt

For Carrot cream:

Carrot 400 grs

Lemon grass 10 grs

Shallot 30 grs

Leek 30 grs

Olive oil 20 grs

Thyme 5 grs

Vegetable stock 300 grs

Salt and pepper

For Fregola:

Sardinian Fregola 200 grs

Extra Virgin Olive oil 15 grs

Butter 40 grs

Parmigiano Cheese 40 grs

Crab meat 80 grs

Shrimp small 200 grs

Carrot cream 200 grs

Vegetable stock 300 grs

Shallot 30 grs

Preparation

1 **For Ginger and chives (garnish):**

2 Peel the ginger and cut it in very small cubes and chop the chives mix them and cover with olive oil.

3 **For Sweet Garlic cappuccino (foam):**

4 Peel the garlic and boil it for 5 time in different water for 2 min. in a pan add milk, butter, cream and the garlic cloves bring to boil, mix all in a blender for 3 minutes, strain and season to taste. This will be the cappuccino foam that we will use to complete the dish.

We need to heat up to 80 degrees the cappuccino and blend with a hand mixer to make the foam.

5

6 For Carrot cream:

7 In a pan with olive oil, thyme and garlic add the chopped shallot and leek and roast the on a medium fire for few minutes. Add the peeled and chopped carrots, lemongrass and continue to roast for 2 minutes. Add hot vegetable stock and cover and cook for another 15 min. Remove garlic and thyme and blend in a mixer and season to taste to obtain a smooth and tasty cream.

8

9 For Fregola:

10 In a casserole roast the fregola and shallot until become golden, add the vegetables stock and start cooking for 10 min. Then add the carrot cream, crab meat and shrimp and complete cooking until reach the preferred consistency. Remove from the fire and add the butter and Parmigiano and stir until will be not dissolved, season to taste, Serve on a pasta bowl and complete with the ginger chives and top with the garlic cappuccino.

Cooks Note

Recipe for 4 persons

The fregola is typical pasta from Sardinia served in soup made from semolina durum flour and water. To give a golden brown color is toasted in the oven at 180 degrees. The recipe that we present is a modern interpretation of regional dish.

Armani Ristorante, Taste of Dubai 2013
