FLAVOURS OF SOUTHERN ITALY

A collection of delicious recipes from Southern Italy

In partnership with

www.filippoberio.co.uk
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Until as recently as 1861 Italy was divided into many separate independent provinces, each with their own distinct culture, customs and languages. This regionalism is still very much in evidence today particularly through the wonderful diversity of Italian culinary traditions.

The regions of the south of Italy differ dramatically from those in the north, both geographically and economically which has a significant impact on the types of foods eaten. Much more fresh fish, poultry and offal is prepared in southern cookery, but it is the vegetables, nuts and fruits that are most characteristic of the area. Tomatoes, olive oil, aubergines, peppers, lemons and capers all play a major part in southern Italian cuisine, which is possibly why it is renowned for being healthier – the famous Mediterranean diet!

Its proximity to northern Africa with centuries of trade and even periods of occupation have also influenced southern Italian cooking, giving it a much more fiery and aromatic flavour than northern cuisines.

Over time traditional southern dishes have become almost synonymous with Italian cookery as a whole - pizza, spaghetti and ice cream all originate from the south. This notoriety is due in part to the economic situation. The south was so heavily deprived that many more southern Italians were forced to leave their homes in order to seek work elsewhere and in turn shared their food with the rest of the world.

The following selection of delightful regional dishes, brought to you by Filippo Berio in partnership with Cirio, has been carefully prepared to offer you a mouth-watering introduction to some delicious traditional recipes of southern Italy.

**OUR PERSONAL GUARANTEE OF QUALITY**

Since 1867

Filippo Berio is much more than a name on a bottle. Filippo Berio was born in 1829, in the Ligurian town of Onegia. As a boy his family moved to the nearby province of Lucca, an area of Tuscany famous for its fine olive oil. And it was here that he learned his craft and began producing his own signature olive oil.

Only when an olive oil had passed Filippo Berio’s expert tasting was it allowed to bear his name – his personal guarantee of quality.

And so today, the Filippo Berio name is respected throughout the world, and our family company still proudly traces a direct lineage back to him.

True to our founder’s principles, Filippo Berio still produces the finest olive oil and his name and image now grace every Filippo Berio product.

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For further information about Filippo Berio Olive Oil visit www.filippoberio.co.uk
From Francesco Cirio, Authentically Italian since 1856.

Cirio has been a much-loved brand in Italy since 1856 and is now an icon of Italian cuisine in more than 70 countries. Over 150 years of expertise and passion are packed into every single can of Cirio extraordinarily tasty tomatoes, grown in the rich soils and hot sun of Italy.

Today Cirio is a leading co-operative company with more than 15,000 associated Italian farmers who nurture our products ‘from seed to harvest to pack’ – in fact, we pack our products on the day they are harvested to preserve the distinctive taste of our perfectly fresh tomatoes.

Cirio is the brand of choice for tomato aficionados across the world.

Italian cuisine is one of the oldest and most revered in the world and some of the dishes enjoyed today are almost unchanged from when they were originally prepared for Roman soldiers 2000 years ago. The influence of tomatoes on Italian cuisine is unquestionable. Bringing versatility, vibrant colour and deep flavour to enrich so many dishes – from the finest restaurants to everyday home cooking – no product has defined Italian cuisine more than the tomato.

With this in mind, in 2013, Cirio became the official sponsor of the Italian Chefs Federation, the only professional organization for professional chefs, cooks, restaurateurs and catering school teachers.

Quite simply, Cirio is the brand of choice for tomato aficionados across the world.

For further information on Francesco Cirio, the Range and the Group, visit www.cirio1856.com
**Caponata Siciliana**

**SUMMER CAPONATA**

This classically Sicilian dish combines a mouth-watering mix of sweet and sour flavours typical in southern Italian cuisine, with its strong north African influences.

**Ingredients:**
- 4 tbsp Filippo Berio Olive Oil
- 400g can Cirio Plum Tomatoes
- 2 aubergines, cut into large dice
- 2 red peppers, cut into large dice
- 1 red onion, peeled and finely sliced
- 2 sticks of celery, thickly sliced
- 2 tbsp red wine vinegar
- 2 tbsp capers
- 1 garlic clove, peeled and crushed
- 12 pitted green olives, halved
- 2 tbsp raisins
- 2 tbsp pine nuts (optional)
- 4 tbsp chopped parsley

**Method:**
Heat the olive oil in a large deep sided pan with a lid and fry the aubergine for 5 minutes. If the pan gets dry, add a little hot water. Once the aubergine is browned, stir in the peppers, onion and celery and cook for a further 5 minutes. Add the remaining ingredients and bring to the boil. Turn the heat down, cover and simmer for 20-25 minutes. If the mixture gets too dry, add more water. Caponata is best served at room temperature with some additional flat leaf parsley to garnish.

**Cooks Tip**
Serve with poultry or simply on its own as an antipasti. Caponata is also delicious served on toasted bread or stirred into pasta.

**Prep Time:** 45 MINS  
**Cooking Time:** 50 MINS  
**Serves:** 4-6

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**Melanzane a Barchetta**

**AUBERGINE BOATS**

These delicious Neapolitan stuffed aubergines make a tasty supper dish, served with salad and some good crusty bread or a sophisticated starter at a dinner party. What’s more vegetarians will love them!

**Ingredients:**
- 6 tbsp Filippo Berio Olive Oil
- 400g can Cirio Chopped Tomatoes
- 4 aubergines
- 1 garlic clove, peeled and crushed
- 2 tbsp capers
- 50g pitted black olives
- 1 small bunch basil, roughly torn
- 2 x 125g balls mozzarella cheese, sliced
- Filippo Berio Extra Virgin Olive Oil to serve

**Method:**
Pre-heat the oven to 200°C (fan assisted)/375°F/Gas Mark 6. Cut the aubergines in half, lengthways and scoop out the middle of each aubergine, leaving a 2cm border. Cut the flesh into small cubes and set to one side. Place the aubergine boats onto a baking tray, brush with a little olive oil and bake for 20 minutes.

Meanwhile to make the filling, heat the remaining 2 tbsp olive oil in a large frying pan and fry the garlic for 1 minute. Stir in the reserved aubergine flesh and fry for a 10 minutes followed by the tomatoes, capers, black olives and basil. Bring to the boil and simmer for 15 minutes or until it becomes thick and pulpy.

Divide the filling between each of the four aubergines and lay the mozzarella cheese over the top. Place back in the oven for 10 minutes until the cheese has melted. Drizzle with extra virgin olive oil and serve with a salad.

**Prep Time:** 30 MINS  
**Cooking Time:** 30 MINS  
**Serves:** 4
GNOCCHI ALLA SORRENTINA

PREP TIME: 15 MINS COOKING TIME: 25 MINS
SERVES: 4

4 tbsp Filippo Berio Olive Oil
400g can Cirio Chopped Tomatoes
1 red onion, peeled and finely chopped
2 garlic cloves, peeled and crushed
500g ready-made potato gnocchi
150g buffalo mozzarella cheese, roughly torn
2 tbsp Parmesan cheese, freshly grated
Small bunch of fresh basil to serve

Heat the olive oil in a large frying pan over a low heat. Add the onion and garlic and cook for 5-7 minutes until golden. Add the chopped tomatoes and bring to the boil. Simmer for 15 minutes or until the sauce is thick and reduced. Season with salt and black pepper.

Meanwhile, cook the gnocchi in boiling salted water for about 2-3 minutes or until the gnocchi rise to the surface. Drain the gnocchi and add to the tomato sauce together with the mozzarella cheese and stir gently. Scatter with Parmesan cheese and basil leaves and a good drizzle of extra virgin olive oil.

HOMEMADE GNOCCHI

These light, fluffy little dumplings have long been part of Italian cuisine, being both filling and inexpensive, they made perfect peasant food. In fact, even before potatoes were introduced to Italy, gnocchi had existed, made using ingredients such as breadcrumbs or chestnut flour instead. The word “gnocchi” is reputed to come from the Italian word “nocca”, meaning knuckle.

1kg floury potatoes, King Edwards work well
3 large eggs, lightly mixed
300g plain flour

Boil the potatoes in their skins for 15 minutes or until tender and then peel while still hot. Put the potato through a potato ricer or mash with a fork until smooth.

Then lightly mix in the egg and flour taking care not to beat too much. Roll the dough into a long sausage shape, then using a sharp knife cut each roll into 1 cm pieces, pushing the knife away from you as you cut. Push the back of a fork into each gnocchi if you would like to decorate them. Boil in salted water until each gnocchi comes to the surface. Drain and serve.
For the dough
225g '00' strong Italian flour or strong bread flour
½ tsp salt
7g dried yeast
150ml tepid water
2 tbsp Filippo Berio Olive Oil

For the filling
2 tbsp Filippo Berio Olive Oil
150ml Cirio Tomato Passata or 200g Cirio Cherry Tomatoes
2 red peppers
1 garlic clove, peeled and crushed
1 chilli, finely sliced
1 tbsp capers
10 black olives, roughly chopped (optional)
200g baby spinach
150g mozzarella cheese, torn into small pieces
1 tbsp Filippo Berio Olive Oil for brushing

Add the flour, salt and yeast to a large bowl. Make a well in the centre and add the water and 1 tbsp olive oil. Stir and then mix together to form a dough. Tip the dough out onto a lightly oiled surface and knead for 5-10 minutes, until the dough is springy. Place the dough back into a clean oiled bowl and cover. Leave to rise for 25 minutes.

Tip the dough back onto a oiled surface and knead again for a further 5 minutes. Place back into a clean oiled bowl and cover for another 25 minutes.

Meanwhile, to make the filling, heat the olive oil in a large frying pan. Add the pepper, garlic and chilli and fry for 2-3 minutes. Then add the passata, capers and olives to the mixture and cook for 15 minutes. Quickly stir in the spinach and remove from the heat. Allow to cool.

Pre-heat oven to 200°C (fan assisted)/375°F/Gas Mark 6. Divide the dough and roll out into four circles. Place each circle onto a large lightly floured baking tray.

Divide the filling between each panzerotti and dot with mozzarella cheese. Fold the dough over the ingredients and seal by pinching the edges together. Brush each panzerotto with a little olive oil and bake in the oven for 15-20 minutes or until golden.
**RICOTTA DUMPLINGS**

*PREP TIME: 25 MINS  COOKING TIME: 32 MINS  SERVES: 4 (MAKES 16)*

*For the tomato ragù*
- 4 tbsp Filippo Berio Olive Oil
- 400g can Cirio Plum Tomatoes
- 1 garlic clove, peeled and crushed

*For the ricotta dumplings*
- 400g fresh breadcrumbs
- 4 tbsp Parmesan cheese, freshly grated
- 4 tbsp Pecorino Romano cheese, freshly grated
- Zest of one lemon
- 2 tbsp flat leaf parsley, finely chopped
- 350g ricotta cheese
- 2 eggs, beaten
- 1 small bunch of basil, roughly torn

Filippo Berio Extra Virgin Olive Oil to serve

To make the tomato sauce, heat the oil in a large frying pan. Add the garlic and cook over a medium heat for 2 minutes or until the garlic is golden. Add the plum tomatoes and season with salt and black pepper. Simmer for 15 minutes.

Meanwhile, to make the ricotta dumplings, combine all the ingredients except for the basil and olive oil in a large bowl. With wet hands, take a little of the mixture and roll to the size of a walnut. Repeat with the rest of the mixture.

Add the dumplings to the tomato sauce in a single layer. Cover and cook for 10-15 minutes until they have doubled in size. Stir in the basil and serve with a drizzle of extra virgin olive oil. Serve immediately.

**ORECCHIETTE WITH BROCCOLI & SPICY TOMATO SAUCE**

*PREP TIME: 15 MINS  COOKING TIME: 22 MINS  SERVES: 4*

- 2 tbsp Filippo Berio Olive Oil
- 400g can Cirio Chopped Tomatoes
- 2 spring onions, thinly sliced
- 2 garlic cloves, peeled and finely chopped
- 4 spicy sausages, skins removed and crumbled
- 225g broccoli, cut into florets
- 100ml chicken or vegetable stock
- 450g orecchiette pasta
- 4 tbsp Parmesan or Pecorino cheese, freshly grated

Filippo Berio Extra Virgin Olive Oil to serve

Heat the oil, over a low heat, in a large deep sided frying pan. Stir in the onions and garlic and cook for 2 minutes until soft. Add the sausage and broccoli and cook for 5 minutes. Pour in the chopped tomatoes and stock. Simmer for 15 minutes. Season with salt and black pepper.

Meanwhile, bring a large pan of salted water to the boil. Cook the pasta according to packet instructions and drain, making sure to reserve a ladle of the water. Return the pasta to the pan and add the spicy tomato sauce. Add the reserved water to loosen the sauce and bring back up to the boil.

Stir in the Parmesan cheese and serve with a drizzle of extra virgin olive oil.

**COOKS TIP**

Spicy sausages are widely available in supermarkets. However, if you can’t find them just use a good quality pork sausages and add a little chilli.
Fusilli Con Ragù alla Napoletana

**NEAPOLITAN MEAT SAUCE WITH FUSILLI**

**PREP TIME:** 20 MINS  
**COOKING TIME:** 2 HOURS 15 MINS  
**SERVES:** 6

- 4 tbsp Filippo Berio Olive Oil
- 800ml Cirio Smooth Passata
- 750g topside of beef
- 2 onions, thinly sliced
- 150g pancetta, cut into cubes
- 1 carrot, peeled and finely chopped
- 1 celery stalk, finely chopped
- 1 garlic clove, peeled and finely chopped
- 60ml red wine
- 500g fusilli pasta

Heat the olive oil in a large frying pan and brown the meat on all sides. Remove and set aside. Add the onions and pancetta and cook for a further 3-5 minutes. Add the carrot, celery and garlic and continue to cook for 3-4 minutes.

Add the red wine and increase the heat. Cook until the wine has almost evaporated. Add the passata and 200ml water. Return the meat to the pan and bring to the boil. Reduce to a very low simmer. Cover and cook for 3 hours, stirring occasionally. If the sauce seems too thick, add a little more water.

When the ragù is nearly ready, heat a large pan of boiling, salted water and cook the fusilli according to packet instructions. Drain the pasta, making sure to reserve a ladle of the water. Remove the beef from the ragù and set aside.

For the first course: Stir the fusilli into the ragù along with a little of the reserved pasta water. Serve with grated Parmesan cheese. For the main course: Serve the meat sliced with a green salad.

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**Risoni Con Sugo Calabrese**

**VEGETABLE & SAUSAGE RAGÙ**

**PREP TIME:** 15 MINS  
**COOKING TIME:** 35 MINS  
**SERVES:** 4-6

This wonderfully warming supper is typical of southern cuisine and "cucina povera". Literally meaning poor kitchen, this term refers to the art of making fabulously tasty food from the ingredients available.

- 4 tbsp Filippo Berio Extra Virgin Olive Oil
- 500ml Cirio Rustic Passata
- ½ tbsp Cirio SuperCirio Tomato Purée
- 6 Italian style sausages
- 1 red onion, peeled and finely chopped
- 1 red pepper, seeded and cut into small dice
- 1 small courgette, cut into small dice
- 1 aubergine, cut into small dice
- ¼ tsp chilli flakes
- 475g risoni or any other small pasta

Heat 2 tbsps of the olive oil in a large sauté pan over a medium to high heat. Add the sausages and cook for 5 minutes until brown all over. Transfer to a plate. Add the remaining oil to the pan together with the onion, pepper, courgette, aubergine, chilli flakes and season with salt and black pepper.

Cook over a medium heat for 5-6 minutes until the vegetables are cooked and lightly brown. If the mixture starts to dry out, add a little hot water. Add the passata and tomato purée. Bring the sauce to a simmer, reduce the heat and cook for 15 minutes. Return the sausages to the pan and cook for a further 10 minutes. Season to taste.

Meanwhile, bring a large pan of salted water to the boil. Cook the risoni according to packet instructions. Drain the pasta, reserving a ladle of the water. Mix the pasta sauce with the pasta and a little of the reserved pasta water to loosen the sauce. Serve immediately.
RICOTTA PASTA BAKE IN A PORK RAGÙ

**PREP TIME:** 45 MINS  **COOKING TIME:** 1 HOUR 10 MINS  **SERVES:** 4

This wonderfully moreish dish is based on the classic Caccavelle alla Sorrentina. One enormous pasta shell that is filled with pork, ricotta and mozzarella and baked in a thick tomato sauce. If you cannot get hold of Caccavelle, large pasta shells are a great alternative.

### For the ragù
- 4 tbsp Filippo Berio Olive Oil
- 2 x 400g cans Cirio Chopped Tomatoes
- 2 garlic cloves, peeled and finely chopped
- 6 spicy sausages, skins removed and crumbled
- 4 tbsp fresh basil leaves

### For the bake
- 24 large pasta shells
- 200g ricotta cheese
- Zest of one lemon
- 2 x 120g balls mozzarella cheese, broken into small pieces
- 5 tbsp Parmesan cheese, freshly grated
- 24 large basil leaves

To make the ragù, heat the olive oil in a large, heavy based frying pan with the garlic and cook for 2 minutes until golden. Add the sausage meat and fry for a further 5 minutes until browned. Add the tomatoes, season with salt and black pepper and simmer for 20 minutes. Stir in the basil and cook for 5 minutes.

Meanwhile, heat a large pan of salted water and cook the pasta shells according to packet instructions. Drain well and set aside to cool. Pre-heat the oven to 200°C (fan assisted)/375°F/ Gas Mark 6.

To make the filling, place the ricotta cheese into a large mixing bowl and add the lemon zest. Combine well with a fork and stir in half the mozzarella cheese and 2 tbsp of Parmesan cheese. Season with salt and black pepper. Tuck a basil leaf into each pasta shell followed by a heaped teaspoon of the ricotta cheese mixture.

Pour a layer of the ragù onto the bottom of a large ovenproof baking dish. Place the stuffed pasta shells on top. Pour over the rest of the ragù and top with the remaining Parmesan and mozzarella cheese. Cover with foil and bake for 35 minutes. Take off the foil and return to the oven for 5 minutes until golden.

**COOKS TIP**
For a delicious vegetarian option, leave out the sausages and add grated nutmeg to the ricotta mixture.
**Pollo Piccante Alla Calabrese**

**CALABRIAN SPICY CHICKEN**

**PREP TIME:** 20 MINS  **COOKING TIME:** 35 MINS  **SERVES:** 4

This spicy chicken recipe with sweet peppers, ripe tomatoes and fresh aromatic herbs is a delicious take on a hearty Calabrian classic. Serve with a green salad and rosemary potatoes for a fabulously tasty supper the whole family will love!

**Ingredients**

- 4 tbsp Filippo Berio Olive Oil
- 400g can Cirio Plum Tomatoes
- 8 chicken thighs
- 2 shallots, peeled and finely chopped
- 6 peppers (red and yellow) deseeded and roughly chopped

**Method**

1. Heat 2 tbsp olive oil in a large frying pan over a medium heat. Add the chicken thighs and cook skin side down for 5 minutes until golden brown. Turn the chicken over and cook for a further 5 minutes. Remove from the pan and set aside. Add the remaining olive oil, together with the shallots and cook over a low heat for 2-3 minutes.
2. Stir in the peppers and cook for 5 minutes until the peppers begin to soften. Add the plum tomatoes, browned chicken, chicken stock and herbs. Season with salt and black pepper and bring to a simmer. Cover and cook for 20 minutes or until the chicken is cooked through and serve.

**Polpettine Con Uvetta E Pinoli**

**MEATBALLS WITH RAISINS AND PINE NUTS**

**PREP TIME:** 30 MINS (PLUS 30 MINS CHILLING TIME)  **COOKING TIME:** 45 MINS  **SERVES:** 6-8 (MAKES 32 BALLS)

As with many dishes from the south of Italy, this classically Neapolitan meatball recipe includes raisins and is served in a deliciously rich tomato sauce.

**For the meatballs**

- 150g breadcrumbs
- 600g ground beef
- 1 small bunch parsley
- 2 eggs, beaten
- 110g Parmesan cheese, freshly grated
- 1 garlic clove, peeled and crushed
- 55g raisins
- 55g pine nuts

**For the tomato sauce**

- 6 tbsp Filippo Berio Olive Oil
- 2 x 400g can Cirio Chopped Tomatoes
- 1 onion, peeled and finely chopped
- 1 garlic clove, peeled and crushed
- 200ml chicken stock
- 1 large chilli, finely chopped
- 2 tbsp fresh oregano, roughly chopped
- 2 tbsp marjoram, roughly chopped (optional)
- 2 tbsp flat leaf parsley, roughly chopped

**Method**

1. Combine all ingredients for the meatballs together in a large bowl. Season with salt and black pepper. With wet hands, roll the mixture into balls and place on a large tray. Cover lightly with cling film and chill in the fridge for 30 minutes.
2. To make the tomato sauce, heat 2 tbsp olive oil in a large frying pan. Add the onion and garlic and cook on a low heat for 10 minutes. Stir in the chopped tomatoes, water and season with salt and black pepper. Bring to a simmer and cook for 15 minutes until thick.
3. Heat the remaining olive oil in a large frying pan and fry the meatballs in batches until they are golden all over. Add the meatballs to the tomato sauce and simmer for a further 10 minutes. Garnish with parsley and serve.
**Spaghetti Con Le Cozze**

**Spaghetti with Mussels**

**Prep Time:** 15 Mins  **Cooking Time:** 25 Mins  **Serves:** 4

This delicious recipe of spaghetti, mussels and sweet tomato with a good helping chilli is so evocative of southern Italian cookery that it cannot help but conjure up images of Italian seaside holidays!

- 2 tbsp Filippo Berio Olive Oil
- 400g can Cirio Tomato Fillets or 400g can Cirio Chopped Tomatoes
- 750g fresh mussels, cleaned
- 1 onion, peeled and finely chopped
- 3 garlic cloves, peeled and crushed
- ½ tsp dried chilli flakes
- 450g spaghetti
- 3 tbsp flat leaf parsley

Heat a large heavy based pan, when hot add an inch of water and the prepared mussels. Cover with a lid and steam for about 2-3 minutes or until the shells have opened.

Remove the pan from the heat and strain the mussels, making sure to reserve any cooking liquor. Allow the mussels to cool for 2 minutes before removing from their shells. Return the mussels to the cooking liquor and set aside.

Heat the oil in a large frying pan. Add the onion, garlic and chilli flakes. Cook for 5 minutes until golden, stirring continuously. Add the tomato fillets and simmer for 15 minutes until the sauce thickens.

Meanwhile, heat a large pan of salted boiling water. Cook the spaghetti according to packet instructions. When cooked, drain the spaghetti reserving a ladle of the pasta water. Add the tomato sauce to the pasta, together with the mussels, a little of the reserved pasta water and mussel liquor. Simmer for 2 minutes stirring continuously. Garnish with flat leaf parsley. Serve immediately.

**Cooks Tip**

You can buy cleaned and prepared mussels to save time however if you have to prepare them yourself here is a quick guide to help you…

Only buy live mussels - look for shells that are tightly closed or that close up once given a sharp tap. Discard any that are damaged or that remain open.

Rinse them with cold running water. Scrub the shells to remove any seaweed, dirt or stringy beards.
Score the skin of the fish with a sharp knife and season with salt and black pepper. Heat the olive oil in a large deep-sided frying pan with a lid. When the olive oil is hot, but not smoking, add the fish and fry over a medium heat for 4 minutes. Add the garlic and chillies, cook for 1 minute. Turn the fish over and cook for a further 5 minutes. Add the chopped tomatoes, parsley and water. Season with salt and black pepper. Cover with the lid and cook over a medium heat for 10 minutes or until the fish is cooked through. Meanwhile, brush the ciabatta with extra virgin olive oil and griddle for 1 minute each side. Drizzle the sea bream with extra virgin olive oil and serve.

PREP TIME: 15 MINS COOKING TIME: 20 MINS SERVES: 2

This wonderfully fiery dish represents the true essence of southern Italian cooking - simple, fresh and full of flavour. It takes its slightly eccentric name from the way in which the fish was traditionally cooked. With the cost of salt being so high, resourceful Italian peasants used sea water to cook their fish instead. However, it was this same sea water that fishermen claimed made people crazy if they drank it.

150ml Filippo Berio Olive Oil
400g can Cirio Chopped Tomatoes
2 sea breams, gutted and cleaned
3 garlic cloves, crushed and finely chopped
2 chillies, finely sliced
75g flat leaf parsley, roughly chopped
100ml water
1 ciabatta, thickly sliced
Filippo Berio Extra Virgin Olive Oil to serve

Pre-heat the oven to 200ºC (fan assisted)/375ºF/Gas Mark 6. Heat the olive oil in a large deep-sided pan. Add the garlic and cook over a medium heat for 1 minute. Add the chopped tomatoes, bring to a simmer and cook for 20 minutes. If the sauce gets too thick, add a little hot water.

Meanwhile, add the breadcrumbs, parsley, pine nuts, raisins, oregano, salt and black pepper to a food processor and pulse until just combined.

Lay the swordfish slices onto a board and spoon the filling on top of the fish, reserving 3 tbsp. Roll the fish around the stuffing and place seam-side down into an ovenproof baking dish. Spoon the tomato sauce over the parcels and sprinkle with the reserved bread mixture. Drizzle with extra virgin olive oil and scatter over the oregano. Bake the fish for 15 minutes or until cooked.

PREP TIME: 20 MINS COOKING TIME: 35 MINS SERVES: 2

These elegant little parcels have a delicious stuffing that is very characteristic of a type of Sicilian cuisine called ‘Cucina Arabo-Sicula’. This term refers to the enduring influence that Arabic cooking has had upon this region dating back to medieval times.

100ml Filippo Berio Olive Oil
400g can Cirio Chopped Tomatoes
2 garlic cloves, peeled and chopped
100g fresh breadcrumbs
4 tbsp flat leaf parsley
2 tbsp pine nuts
2 tbsp raisins
2 tbsp fresh oregano
750g thinly sliced swordfish
Filippo Berio Extra Virgin Olive Oil to serve

Ask at the fish counter for thinly sliced swordfish - but if this isn’t available Dover sole or tuna would be a good alternative.
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Danilo Trozzi, Filippo Berio’s talented Head Chef

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