



FREGULA ESTIVA

Summer Sardinian cous cous with fresh vegetables
(serves four)

Ingredients:

1 small zucchini, diced
1 small carrot, diced
2 stalks celery, diced
2 cups chicken stock
2 cups Sardinian fregula
1 pinch saffron
1 bay leaf
3 ripe roma tomatoes, diced
3 shallots, chopped
1 bunch parsley, chopped
2 basil leaves, julienned
5 ounces pitted kalamata olives, sliced
1 cup extra virgin olive oil
2 lemons, zested and juiced (separate juice and zest)
1 orange, zested and juiced (separate juice and zest)
salt & pepper to taste

To Prepare:

Bring water to boil in large stock pot. Add zucchini, carrot, and celery and cook for 30 seconds. Remove and transfer immediately to an ice bath. Drain and set vegetables aside to cool.

In a large stock pot, bring chicken stock to a boil. Once boiling, add the fregula, saffron, bay leaf and a pinch of salt. Stir, and then cover. Reduce heat to low and simmer for 10 minutes. All liquid should have been absorbed by the fregula. Remove from heat. Spread the fregula on to a sheet pan and let cool for 5 minutes.

Add fregula and vegetables to a large bowl. Add tomatoes, shallots, parsley, basil, olives. Stir to combine. Stir in extra virgin olive oil and citrus juices, toss well. Put into serving dish or platter and sprinkle with lemon and orange zest. Served chilled.

*From the private collection of
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