



## Conchigliette with Sautéed Artichokes and Mediterranean Fish in Saffron Jus

### Overview

Difficulty: Medium

Servings: 4

Preparation Time: 20 mins

Cooking Time: 60 mins

## Ingredients

### For the pasta dough:

- 400g fine Italian pasta semolina flour (may substitute coarse-grained wheat flour) and a little semolina for flouring the work surface
- Salt
- 1 tablespoon olive oil

### Plus:

- 1/2 lemon
- 4 medium artichokes
- 2 tablespoons olive oil
- 125g grape tomatoes

### For the Saffron Jus:

- 2 small Mediterranean red mullets, 150-200g each (fileted by the fishmonger; keep the bones)
- 1 sole about 400g (fileted by the fishmonger; keep the bones)
- 500g Vongole Verace (large clams)
- 2 onions
- 2 garlic cloves
- 1/2 leek
- 6 thyme sprigs
- 4 tablespoons olive oil
- Salt, pepper
- 2 cl Pernod
- 125ml dry vermouth, e.g. Noilly Prat
- 0.2 g saffron threads
- 1 tablespoon dried mushrooms
- 2 tomatoes
- 1 bunch fennel greens or dill
- 2 tablespoons cold butter
- Pepper

# Methods

- 1.** In the MaxxiMUM Kitchen Machine's mixing bowl, combine semolina flour, a pinch of salt, olive oil and 150 ml water and knead for 5 minutes using the dough hook until you have a firm, almost crumbly dough. Knead pasta dough into a ball, cover and let rest for at least 30 minutes.
- 2.** Place fish bones in a large bowl of cold water. Place clams in a second bowl of water. Discard clams with broken shells and those that don't close when you nudge them. Cut fish fillets into strips the width of a finger and refrigerate.
- 3.** In a large pot, heat 2 tablespoons olive oil over high heat and add clams. Pour in Pernod and Vermouth, cover and boil for 5 minutes until the clams have opened (discard any clams that remain closed). Drain clams, saving the broth. Pour broth through a fine strainer. Using half a clam shell, remove clam meat from most of the shells, keeping a couple clams still in their shells for garnish.
- 4.** Peel onions and garlic and dice them coarsely. Cut leeks in half lengthwise, rinse and slice. Lightly sauté vegetables and fish bones in 1 tablespoon olive oil for 2 to 3 minutes, season lightly with salt and pepper and add clam broth. Then add 500 ml cold water and slowly bring to a boil, removing the rising foam with a slotted spoon.
- 5.** Pluck leaves from fennel greens, chop and set aside. Add fennel stems, thyme and mushrooms to the stock. Season with salt and pepper. As soon as the liquid reaches a high boil, reduce heat and let simmer rather than boil for 25 minutes. Strain fish stock through a fine strainer or damp cloth into a second pot. Add saffron threads and reduce to about 250 ml.
- 6.** For the pasta, shape pasta dough using the MaxxiMUM pasta press for conchigliette, i.e. press the dough into the mincer, cut of 2 cm-long pieces of pasta with a sharp knife and dust with a little semolina flour. The easiest way is to have an assistant who feeds the dough into the machine.
- 7.** Squeeze juice from half a lemon and place in a bowl with 4 tablespoons water. Remove tough outer leaves from the artichokes by breaking them of or using a small knife. Cut of the top halves of the artichokes and shorten the stems to 8 cm. Score the base of each, remove a large number of leaves and place in the lemon water.
- 8.** Cut artichoke hearts in half and scrape out the fuzzy centres with a melon baller or teaspoon. Using the MaxxiMUM Continuous Shredder, thinly slice artichoke hearts and stems. Sauté in 2 tablespoons olive oil for 3 to 4 minutes. Rinse grape tomatoes, cut in half and add to artichokes. Braise for 2 minutes, pour in a little saffron stock and cook for 2 minutes until done.
- 9.** Boil conchigliette in a large pot of salted water. Bring saffron stock to a boil, add fish fillet and clams and stir in cold butter cut into bits. Remove from heat and let stand for 2 to 3 minutes. Drain conchigliette, toss with saffron stock, artichokes and fennel greens and return to a boil. Transfer to plates.

## Product Used

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