

Recipe No. 44/2014

Spicy Lemon Pangrattato

The translation for pangrattato is breadcrumbs. In our recipe this week, we have used flavoured pangrattato to top a fennel and lemon risotto which will be in next week's recipe of the week. Marc Friederich, a French chef in Paarl, is the contributor of this and next week's recipe. Thank you Marc.

Makes: approximately 1 cup

Preparation time: 5 minutes

Ingredients

100g white bread, broken into pieces
¼ cup fresh parsley
Rind of 2 lemons
1 garlic clove
½ dried or fresh red chilli
20 g olive oil
Salt to taste



Method

1. Place bread and parsley into TM bowl. Chop finely **5 sec/speed 7**. Set aside.
2. Place lemon rind in TM bowl. Grate finely **5 sec/speed 7**. Scrape down sides of bowl and repeat if necessary. Set aside.
3. Place garlic and chilli in TM bowl. Chop **2 sec/speed 5**.
4. Add olive oil and sauté **2 min/100°C/speed 1**. Add bread mixture and lemon. Blend together **3 sec/reverse/speed 4**.
5. Use as required.

Cook's notes

- Pangrattato may be used to crumb chicken or fish. Also great for any pasta and risotto topping.
- Use to thicken stews and as a topping for osso buco. See Thermomix, A South African Odyssey recipe book for an osso buco recipe in the Thermomix.

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