

**CENTRAL SYNAGOGUE
LONDON**

Italian Jewish Cooking

with

Silvia Nacamulli



cooking for the soul...

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Silvia Nacamulli

+44 (0)7867 802169

silvia@cookingforthesoul.com

www.cookingforthesoul.com



[Facebook.com/CookingForTheSoul](https://www.facebook.com/CookingForTheSoul)



@ silvia_nacamulli



- Pesce alla Mosaica - (Sea bass with garlic, tomato, chilli and parsley)

Prep time: 10 minutes

Cooking time: 30 min

Ingredients (Serves 4 as main course)

4-5 tablespoons of extra virgin olive oil

2 cloves of garlic, finely sliced

1 fresh chilli, finely sliced and partially deseeded or a pinch of dried chilli

400g tin of plum tomatoes in tomato juice

4 sea bass or bream fillets

8 cherry tomatoes, halved

Small bunch of fresh parsley, finely chopped

Salt and freshly ground black pepper to taste

Method

- Heat the olive oil in a large non-stick frying pan together with the garlic and the chilli – with no seeds for mild or more seeds for spicy. When the garlic starts sizzling, add the tinned plum tomatoes (broken into pieces), salt & pepper. Cook, over a low-medium heat and partially covered, for 15-20 minutes.

TIP: If you have a screen for your frying pan, then use it to cover the pan instead of the lid in order to avoid the sauce spitting, as this also lets the sauce condense a little.

- While the sauce is cooking, rinse the fish under fresh water and remove any extra bone and scale if any. A good way to remove bones is using fish tweezers.
- Once the sauce has gained consistency, add the cherry tomatoes and half of the parsley. Sauté on a medium high heat for a couple of minutes, then add the fish fillets to the pan, skin down, taking care that they don't overlap, and add a little salt and pepper.
- With a spoon, gently take a bit of sauce from the pan and add it on top of each fillet. Sprinkle some parsley, partially cover and leave to cook for 3-4 minutes, without turning the fish otherwise it breaks.
- Serve hot with side vegetables, rice or couscous.



No-bake cheesecake with amaretti, mascarpone and raspberries

Time: 20 min

Serves 6-8

Ingredients

80g amaretto biscuits

80g digestive biscuits

80g soft butter

100ml. whipping/double cream

250g mascarpone cheese

200g light cream cheese

80g icing sugar

Grated zest of 1 unwaxed lemon

1 teaspoon of vanilla extract

A pinch of salt

200-250g raspberries

A few mint leaves and icing sugar to decorate (optional)

Method

- Crumb the amaretto and digestive biscuits in a food processor. Add the soft butter and blitz again to make the mixture clump.
- Line a 20cm/8in spring form oven tin with parchment paper. Spread and press the biscuit and butter mixture over one layer at the bottom of the tin. Put in the fridge whilst preparing the cheese mixture.
- Lightly whip the double cream with an electric whisk and keep it to one side.
- In a separate bowl, whisk – with the same electric whisk and no need to wash it in between - the mascarpone, cream cheese, icing sugar, lemon zest, vanilla extract and a pinch of salt.
- Fold in the whipped cream to the cheese mixture and pour it on top of the biscuit base, spreading it evenly with a spatula.
- Cover it with cling film and chill it in the fridge for a minimum of 4 hours before serving.
- Just before serving, scatter the top with plenty of raspberries, a few mint leaves and sift a little icing sugar.
- Serve chilled.



List of ingredients of utensils

Should you like to cook along or make the cheesecake with me on zoom please have the following ingredients already weighed and utensils ready to use. You can easily reduce quantities should you wish to make less of each. Thank you ☺

Sea bass fillets with tomatoes, garlic and chilli

Ingredients

4-5 tablespoons of extra virgin olive oil
2 cloves of garlic, finely sliced
1 fresh chilli, finely sliced and partially deseeded or a pinch of dried chilli
400g tin of plum tomatoes in tomato juice
4 sea bass or bream fillets
8 cherry tomatoes, halved
Small bunch of fresh parsley, finely chopped
Salt and freshly ground black pepper to taste

Utensils

Non-stick frying pan
Chopping board
Chopping knife
Serrated knife
Fish tweezers – don't worry if you don't have any!
Flat spatula
Fork, spoon, teaspoon
Small-medium serving plate

No-bake Cheesecake

Ingredients

80g amaretto biscuits
80g digestive biscuits
80g soft butter
100ml. whipping/double cream
250g mascarpone cheese
200g light cream cheese
80g icing sugar
Grated zest of 1 unwaxed lemon
1 teaspoon of vanilla extract
A pinch of salt
200-250g raspberries
A few mint leaves and icing sugar to decorate (optional)

Utensils

Food processor (if not available then a rolling pin and ziplock bag to crumble the biscuits)
Mixing bowl
Hand whisk
Large spoon
20cm/9in spring form baking tin or similar
Parchment paper
Cake spatula
Electric mixer