

# COS CERASUOLO DI VITTORIA

*great with*

## Couscous alla Trapanese

With the soft texture of the semolina flour enhanced by the delicate nature of the seafood, this dish makes an excellent companion to a structured Sicilian white wine or light red. Unlike the meat couscous made in Tunisia and Algeria, the Sicilian expression is not heavy or overtly spicy.

### For the fish broth and couscous:

- 4 cups water
- 1 large white onion, chopped
- 1 carrot, peeled and roughly chopped
- 1 celery stalk, roughly chopped
- 2 bay leaves
- 10 black peppercorns, whole
- 10 ounces white-fleshed fish
- Salt to taste
- 14 ounces couscous
- 2 tablespoons extra virgin olive oil
- 3 tablespoons extra virgin olive oil
- 3 tablespoons broad leaf Italian parsley, finely chopped

### For the fish sauce:

- 4 cloves garlic, sliced
- 1 small onion, chopped
- 3 tablespoons extra virgin olive oil
- 1 pound peeled tomatoes (fresh or canned)
- 5 to 10 saffron threads
- 1/2 large chili pepper
- Salt and pepper to taste
- 3 cups water
- 2 tablespoons tomato paste
- 2 pounds fresh seafood, cleaned:  
any combination of red mullet or bream prawns, calamari, mussels or shrimp
- 3 tablespoons broad leaf Italian parsley, chopped

### To make fish broth:

In a large pot, add water, onion carrot, celery, bay leaves, black peppercorns and fish and simmer for 25 minutes. Strain the broth through a cheesecloth, reserving the liquid and discarding the solids. Season with salt to taste.

### To cook couscous:

Pour the couscous grains into a large saute pan set over low heat. Add the hot fish broth and olive oil, stirring continuously with a wooden spoon until the grains absorb all the moisture and are soft, but not clumpy. Mix in the chopped parsley at the end.

### To make the fish sauce:

In a large pot, saute the garlic and onion in olive oil until transparent. Add the tomatoes, saffron, chili pepper and salt, and cook for 35 minutes, make sure the tomatoes are fully stewed. Add water and tomato paste to keep the sauce from becoming too reduced. Add the fish, starting with the seafood that takes the longest to cook—beginning with the calamari and ending the red mullet or bream. Simmer until the sauce has the consistency of a creamy soup. Finish with parsley.

### To serve:

Place a small portion of couscous in a serving bowl and top with fish soup. Serves 4.

### WINE RECOMMENDATION

This elegant dish would pair well with Planet's Cometa, a concentrated Fia-no-based white wine with a long finish. If you prefer red wine, another interesting match would be a Cerasuolo di Vittoria from COS, a biodynamic producer that ages its wines in clay amphorae.



Photo by Jon Van Gorder

## sun drenched SICILIAN CLASSICS

FEATURED IN



by **Monica Lerner**

The melting pot of the ancient world, Sicily now offers cuisine and wines that reflect its disparate roots - and volcanic soil. If you were to condense the Italian experience into a single, keepsake moment, that memory could be of a visit to Palermo's vibrant Il Capo street market. The sounds, smell and colors there create one of the most authentic snapshots of Italy. Housewives spread laundry from overhead windows. Three-wheeled Piaggio Apes honk through the pulsing crowd of determined shopper and feisty vendors. And everywhere: abundance.

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