SAFFRON FREGOLA WITH DILL OIL AND UMEBOSHI-STYLE CALIFORNIA PRUNES

By Teresa Balzano

Ingredients:

Salt to taste
California Prunes to taste

For the oil jelly
A bunch of dill
100ml delicate extra virgin olive oil
30ml water
1g agar agar

For the beetroot mayonnaise
200g beets
1 egg
100ml of seed oil, approximately
A spoonful of vinegar
Salt and Pepper to taste

For the fregola:
150g fregola
1 fennel
saffron to taste
3 Umeboshi California Prunes

Here's How:

For the umeboshi California Prunes:
In a jar, alternate a layer of California Prunes with a layer of salt. Fill it well, compact well and close the jar. If possible put a weight on the prunes. Let it rest for at least a week.

For the beetroot mayonnaise:
Cut the beetroot into pieces and blend it with a spoonful of vinegar, a pinch of salt and a grind of pepper; add the whole egg and whisk again. Pour in the seed oil and continue to blend until you get a creamy but thick consistency.

For the oil jelly:
Boil the dill in boiling salted water for one minute, then drain and transfer to water and ice to stop the cooking. Dry well and then blend the dill together with the oil until you get a cream. Sift the oil obtained with a fine-mesh strainer or a natural fabric.

Add the agar agar to the water and mix it all together.
Add a third of the flavored oil and put on the heat. Boil for one minute.

Remove from the heat and pour onto a plate. Let it cool.
Then blend the gelatin obtained together with the remaining flavored oil. In this way you will have a slightly thicker oil that does not disperse in the dish.

For the seasoning:
Finely chop the fennel and brown it in a pan with a drizzle of oil.
Cut the California Prunes into small pieces and add them to the pan. Heat it all up.
Dissolve the saffron in a little water and add it to the vegetables.
Cook the saffron and season.
Form the dish helping you with 2 pastry rings. Complete by decorating with beet mayonnaise, dill oil, a few umeboshi California Prunes and more to taste.

Link to Website: https://www.californiaprunes.net/recipes/saffron-fregola/