



Insalata
di mare

Seafood
Salad

*Marisa Mariella
Courtesy of Susanna Fortino-Bozzo
Marisa's Easy Kitchen
Cable 14, Christmas Episode
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Thank you to my beautiful sister, Susanna Fortino-Bozzo for sharing her recipe!

She created this fresh, colourful, and elegant seafood salad to serve on special occasions like Easter Sunday and Christmas day.

My family loves it so much that I now make it throughout the year for other special celebrations or even as a week night meal.

Whether it's served in chilled champagne glasses or family-style, this seafood salad is delicious and nutritious!

INGREDIENTS:

Seafood:

- 1 kg shrimp, peeled and deveined (16-20 size)
- 1 pkg (454g) squid (tubes and tentacles, cleaned)
- 1 pkg (400g) Nova Scotian wild sea scallops
- 3 pkg (227g each) crab-flavoured sea legs (flake style)

Note: You can purchase squid tubes that are already cut into rings.

To poach seafood:

- 8 cups cold water
- 1 small onion, quartered
- 1 rib celery, chopped
- 1 carrot, chopped
- A handful of parsley, chopped
- 10-15 whole black peppercorns
- Juice of 1 lemon
- 2 tsp kosher salt, coarse

Note: You can vary how you would like to flavour the water by changing the fresh herbs or vegetables.

For salad:

- 1 red pepper (or mixture of red, yellow, orange), chopped
- 3 ribs celery, including leaves, chopped
- 1 small carrot, peeled and chopped or shredded
- 2 bunches green onions, chopped
- handful parsley, chopped
- 1 can sliced black olives, drained
- 1 red chili pepper, chopped (optional)
- ½ radicchio, chopped (optional)
- Lemon, cut in wedges to use as a garnish

Note: These quantities are guidelines.

For dressing:

- ½ cup fresh lemon juice
- ½ cup extra virgin olive oil
- 1 Tbsp white vinegar (optional)
- ½ tsp oregano
- sea salt, to taste
- ¼ tsp black pepper



shrimp, peeled and deveined



Nova Scotian wild sea scallops



squid rings and tentacles



crab-flavoured sea legs



poaching ingredients

INSTRUCTIONS

Step 1: Prepare the seafood.

- Defrost, peel and devein shrimp. Rinse well. Drain.
- Defrost squid tubes, detach from tentacles, and cut into rings. Rinse well. Drain.
- Defrost scallops. Rinse well. Drain.

Step 2: Poach the seafood.

- Place all poaching ingredients in a large pot. Bring to a boil. Reduce heat and let simmer for about 10 to 15 minutes.
- Prepare an ice bath by filling a large bowl with ice and cold water.
- Prepare to cook seafood (except sea legs), one type at a time. Add squid and cook for 2-5 minutes then remove with a slotted spoon and place in ice bath. Be sure to not remove the poaching vegetables and herbs.
- Do the same with the remaining seafood, separately. Let shrimp cook for 1-3 minutes and scallops for 3-4 minutes. The times are approximate, depending on size of seafood type. Do not overcook. Do not cook sea legs.
- Discard poaching liquid. (You can also strain the broth, cool and freeze to use as seafood stock.)
- Remove seafood and chop each type, including the sea legs, into bite-size pieces.



Step 3: Prepare the dressing.

Add the dressing ingredients together in a small bowl and whisk until well combined.

Step 4: Assemble the salad.

In a large bowl, add all the seafood pieces and the salad ingredients. Drizzle the ingredients with the dressing. Toss the salad well and refrigerate for a few hours or best overnight. If using the radicchio, add just before serving. Garnish with lemon wedges.

Serving Suggestions:

- Be sure to serve the salad very cold. You can adjust seasonings according to your preference. An extra drizzle of lemon juice brightens the salad.
- Serve in chilled champagne glasses with a stalk of Belgian Endive and a slice of lemon.
- Consider serving the salad nestled in a Boston Bibb lettuce leaf or radicchio leaf on a pretty salad plate.
- If serving family-style, use a pretty platter or bowl.
- Store leftovers in the fridge for a couple of days.



This seafood salad is part of a traditional Italian "antipasto" served on special occasions. The photo shows a slice of cantaloupe wrapped with prosciutto and a spear of bocconcini with cherry tomatoes and fresh basil, lightly salted and drizzled with olive oil.