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favourite foods

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Massimo's 30-Minute ENTREE

Lamb Chops Scottadito with Artichokes and Peas

SERVES 4

Dinner is not complete without meat! Here's a simple tasty dish that my wife loves.

- 12** lamb chops, from the rack
- flour for dusting (optional)**
- 4** medium artichokes, cleaned and julienned
- 1 cup** niçoise olives, coarsely chopped
- 2 cups** honey mushrooms, also known as Shimeji or other mushroom of choice
- 2** garlic cloves
- 2 Tbsp.** white onions, finely chopped
- 2** sprigs of Thyme
- 1 pint** cherry tomatoes, cut in half
- 4 oz.** white wine
- 4 oz.** chicken stock
- olive oil for frying**
- butter to finish the sauce**
- salt and pepper to taste**

1. Season the chops with salt and pepper and lightly dust them with flour. Shake well to remove excess.

2. Preheat a sauté pan, add olive oil and sear the chops on both sides until golden. Set aside on a plate and keep warm.

3. In a pan, add the onions and garlic along with the thyme and cook until translucent. Add the mushrooms, olives and artichokes and sauté for a few minutes then return the chops to the pan and sprinkle with wine and evaporate well. Add some chicken stock and simmer for a minute.

4. Place the chops in a platter and reduce the sauce to a creamy consistency. Add a nugget of butter and pour over the chops. Serve immediately.

Recipes Massimo Capra
Photography Stephani Buchman

IPAD EXCLUSIVE

Check out my chicken dumpling soup and roasted pears with chocolate sauce recipes found exclusively in Canadian Home Trends' digital edition.



Massimo's 15-Minute BREAKFAST

Eggs Massimo with Crispy Mortadella

SERVES 2

Prep 10 min. | Cook 15 min.

The idea of having eggs for breakfast with bacon and potatoes is relatively foreign to me. I grew up in the land of cappuccino and brioches. While apprenticing in Italian hotels, I had to cook eggs for dinner. As a young chef, I had the busiest station in the kitchen cooking poached, fried, scrambled and everything in between. Who knew you could cook eggs in so many ways?

- 1 Tbsp. olive oil**
- 8 oz. tomato passata (strained tomato sauce with no seeds)**
- 1 plum tomato cut into 4 wedges**
- 2 Tbsp. white onions, finely chopped**
- 4 eggs**
- 4 bread slices**
- 1 tsp. Italian parsley, chopped**
- 4 slices of mortadella, finely julienned**
- salt and pepper to taste**

1. Preheat a skillet and add a little oil. Add the mortadella and cook until completely crispy. Remove from oil and place on a paper towel.

2. Preheat a skillet (non-stick if you prefer, or a cocotte). Add oil, onions and the plum tomato and cook for a minute or two.

3. Add the passata sauce and simmer for a minute.

4. Break the eggs onto the sauce while being careful not to break the yolk. Season with salt and pepper. Bake at 350F.

5. When the eggs are done to your liking, add crispy mortadella and serve with grilled crusty Italian bread on the side.

