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SMARTTECH ITALIA onfalos SONO MARCHI REGISTRATI.



# CAPPELLETTI, SEAFOOD, CHERRY TOMATO AND SEAWEED PARCELS

*Rich Mediterranean flavours in visually stunning single-portion parcels. A highly original pasta dish, a feast for the palate and the eyes, too!*

Onfalós hotplate temperature: 170 °C



SERVES 4: °C

200 g Garofalo cappelletti  
(or durum wheat short pasta)

1 shallot  
4 garlic cloves

8 cherry tomatoes  
(sweated in extra-virgin olive oil)

Chardonnay white wine  
extra-virgin olive oil  
fleur de sel and freshly-ground white pepper

4 fresh Mediterranean prawns  
4 fresh Mediterranean langoustines  
250 g carpet-shell clams  
200 g baby squid

100 g fresh salted seaweed  
(sea lettuce, dulse and thongweed)

**Other:**  
4 sheets Carta Fata  
kitchen twine

## METHOD:

- Put the clams in a bowl of cold, salted water and leave them in the fridge overnight to purge them.
- Rinse the clams under cold, running water. There's a simple way of identifying clams with sand inside: after washing them, drop them one by one from a height of about 30 cm. If any clams break they should be thrown away immediately!
- Clean the baby calamari: pull the head away from the body, remove the intestines but be careful not to break the ink sac. Eliminate the beak-like mouth and the clear quill.
- Clean and peel the prawns, remove the shell and intestinal vein, but leave the head on. Peel the body of the langoustines, leave only the last part of the shell over the tail and eliminate the intestinal vein. Wash, then pat dry with kitchen paper.
- Trim and wash the seaweeds then cut them into small pieces.
- Peel and slice the shallot, lightly squash the garlic cloves.
- Using a normal kitchen stove burner, pre-cook the pasta for 3-4 minutes in a large pan of boiling, salted water, then cool it under cold, running water. (The cappelletti will finish cooking in the Carta Fata parcels).
- Heat Onfalós hotplate to 170 °C
- For the parcels: cut four 60x60 cm squares of Carta Fata and 4 pieces of kitchen twine about 50 cm long.
- Arrange the squares on a flat, dry platter. Divide the ingredients into four portions and place them on each square in the following order: sliced shallot, garlic clove, clams, some seaweeds, cherry tomatoes, baby squid, the pasta, a pinch of salt, a prawn, a langoustine, then finish off with the remaining seaweeds.
- Pour over 2 tbsp wine and a drizzle of oil then tie the parcel tight with a double knot, first on one side then on the other, keeping the air inside the parcel. Make sure the fastening is airtight!
- Be very careful not to pierce the Carta Fata square. Replace a pierced square with a new one.
- Put the four parcels straight onto the hot plate and cook for 7-8 min.

## PRESENTATION:

Put one parcel on each plate. Use a pair of scissors to cut the parcels open at the table to release their wonderful aroma!