

Olive love

Take your tastebuds on a fruitful adventure with chef **Luca Ciano**'s tasty recipes, from a fab focaccia and easy pesto to a super seafood salad and stand-out chicken dish.

PHOTOGRAPHY LOUISE LISTER | STYLING JENN TOLHURST



FOOD PREPARATION Nick Bambury

Focaccia with potato & Ligurian olives, p80; Olives Ascolana-style (opposite), p82

Black olive-crust
tuna with caponata

Black olive-crust tuna with caponata

SERVES 4 PREP 30mins COOK 15mins
LOW SAT FAT • HALVE IT

"This has Sicily written all over it! Couscous is very popular in Sicily, because of the influence of nearby Northern Africa, and amazing tuna is fished in the Mediterranean."

150ml salt-reduced vegetable stock
¾ cup (150g) couscous
½ cup (125ml) extra virgin olive oil
½ red onion, finely chopped
½ red capsicum, finely chopped
½ celery stalk, finely chopped
1 small eggplant, finely chopped
½ cup (75g) raw sugar
½ cup (80ml) white wine vinegar
1 tbsp sultanas
1 tbsp pine nuts, toasted
1 cup (70g) fresh breadcrumbs
½ cup (60g) pitted black olives, finely chopped
1 tbsp flat-leaf parsley, finely chopped
1 garlic clove, finely chopped
4 x 150g tuna steaks

- 1 Heat stock in a saucepan until boiling. Place couscous in a large heatproof bowl and pour over stock. Stir and cover with plastic wrap. Stand for 10 mins, until liquid is absorbed. Fluff up with a fork to separate grains.
 - 2 Meanwhile, heat 2 tbsp of oil in a saucepan on medium. Cook onion, stirring, for 2-3 mins, until softened. Add capsicum and celery and cook, stirring, for 3-4 mins. Add eggplant and cook for 5 mins, until tender. Stir in sugar, vinegar, sultanas and pine nuts. Cook, stirring, for 4-5 mins, until vegetables are tender. Add to couscous and stir to combine. Cover to keep warm.
 - 3 Preheat a grill to high. Combine breadcrumbs, olives, parsley and garlic in a bowl. Add 2 tbsp of oil. Season and stir.
 - 4 Heat 1 tbsp of oil in a frying pan on high. Cook tuna for 1 min each side, until seared. Transfer to a baking tray. Top with olive mixture. Position grill rack so crust is close to grill element, and cook for 1 min, until golden. Drizzle with remaining oil and serve with couscous.
- In each serve** 3721 kilojoules, 45g protein, 37g total fat (5g sat fat), 66g carbohydrate (25g sugar), 4g fibre, 509mg sodium.

Focaccia with potato & Ligurian olives

SERVES 6 PREP 10mins PROVE 2hrs
COOK 20mins

MAKE IT AHEAD • FREEZER FRIENDLY

"What can I say about focaccia? It can be a snack on its own or can be used instead of bread, you can make a sandwich out of it or you can bake it with any topping of your liking... I guess focaccia is a foodie's best friend!"

300g potatoes, peeled, chopped
50g fresh yeast
280ml warm water
4 cups (600g) bread flour
2 tsp sugar
¼ cup (60ml) extra virgin olive oil, plus 2 tbsp extra for brushing
2 tsp salt flakes, plus 2 tsp extra for topping
½ cup (75g) Ligurian olives, pitted
1 desiree potato, peeled, thinly sliced

- 1 Cook potato in a saucepan of salted boiling water for 10-15 mins, until tender. Drain and mash, then push through a sieve set over a bowl.
 - 2 Combine yeast and water in a bowl. Set aside for 10 mins to foam. Place flour in a large bowl. Add yeast mixture, sugar, 1 tbsp of oil and potato. Mix to combine. Add salt and mix to form a soft dough. Cover with a clean tea towel and set aside in a warm, draught-free place for 2 hrs to prove, until doubled in size.
 - 3 Preheat oven to 220C or 200C fan. Grease a large baking tray with 2 tsp of oil. Punch down dough and turn onto a lightly floured surface. Using a rolling pin, roll out dough to a 1.5cm-thick, 23cm x 32cm rectangle. Transfer to tray.
 - 4 Using your fingers, push several dents in dough. Drizzle over remaining oil and sprinkle with extra salt. Scatter over olives and potato slices. Bake for 20 mins, turning tray around halfway through, until focaccia is golden brown. Brush extra oil on top and serve warm or cool.
- In each serve** 2549 kilojoules, 17g protein, 19g total fat (3g sat fat), 87g carbohydrate (2g sugar), 6g fibre, 4084mg sodium.

tip} You can use kumara instead of potato in the dough, and top the focaccia with sliced kumara as well.

Octopus salad with black olive dressing

SERVES 4 PREP 15mins COOK 1½ hrs
2 OF 5-A-DAY • GLUTEN FREE • SUPER EASY

"This is a simple, delicious salad that's just perfect for barbecues – and it tastes even better the day after! In Italy, we eat a lot of octopus, especially around the seaside areas. We just can't get enough of this salad in warm weather, and I think you'll fall in love with it, too."

⅓ cup (80ml) extra virgin olive oil
2 tbsp balsamic vinegar
2 rosemary sprigs, finely chopped
1.2kg baby octopus
1 carrot, peeled, coarsely chopped
1 celery stalk, coarsely chopped
1 onion, coarsely chopped
2 garlic cloves, crushed
1 tsp whole black peppercorns
1 bay leaf
¼ cup chopped flat-leaf parsley, stalks reserved
2 large desiree potatoes, chopped into 1.5cm cubes
250g cherry tomatoes, quartered

½ cup (60g) pitted black olives, such as Ligurian
2 cups salad greens, to serve

- 1 Whisk oil, vinegar and rosemary together in a small bowl. Season.
 - 2 Place octopus, carrot, celery, onion, garlic, peppercorns, bay leaf and parsley stalks in a large saucepan. Cover with cold water. Bring to a simmer on low heat. Simmer, stirring occasionally, for 1½ hrs, until octopus is tender. Remove from heat. Cool.
 - 3 Remove octopus from liquid and rinse under cold running water, rubbing to remove any grit. Cut into 1.5cm pieces and set aside. Discard vegetables and cooking liquid.
 - 4 Meanwhile, cook potato in a large saucepan of salted boiling water for 10-15 mins, until tender. Drain. Set aside to cool.
 - 5 Combine octopus, tomato, potato, olives and parsley in a large bowl. Add balsamic dressing and toss to combine. Place salad on a serving platter. Top with octopus mixture and serve.
- In each serve** 2816 kilojoules, 81g protein, 27g total fat (4g sat fat), 23g carbohydrate (6g sugar), 5g fibre, 1334mg sodium.





Bucatini with
spicy broccoli &
black olive pesto



Olives
Ascolana-style

Bucatini with spicy broccoli & black olive pesto

SERVES 4 PREP 20mins COOK 10mins
2½ OF 5-A-DAY • DOUBLE IT

"With bucatini, pancetta, olives and pecorino, this dish is quintessentially Roman. It's also proof of why it's best to keep pasta simple: so you can appreciate the harmony between the ingredients."

350g bucatini pasta

500g broccoli, cut into florets,
stalk peeled and thinly sliced

½ cup (80ml) olive oil

½ onion, thinly sliced

2 garlic cloves, crushed

1 tsp dried chilli flakes

150g Italian pancetta, cut into 1cm cubes

1 cup (80g) shaved pecorino

¼ cup oregano leaves

black olive pesto

200g black olives, pitted

½ cup (125ml) extra virgin olive oil

½ cup (40g) grated Grana Padano

2 anchovy fillets

2 tsp capers

1 To make pesto, place all ingredients in food processor and process until smooth. Transfer to a bowl. Cover surface with plastic wrap and chill.

2 Cook pasta in a large saucepan of salted boiling water according to packet instructions, adding broccoli in the last 3 mins of cooking. Drain, reserving ½ cup of cooking liquid.

3 Meanwhile, heat oil in a frying pan on medium. Cook onion, stirring occasionally, for 4-5 mins, until softened. Add garlic and chilli and cook for 1 min, until fragrant. Add pancetta and cook, stirring occasionally, for 3 mins, until browned.

4 Add pasta, broccoli and reserved cooking liquid to pan and toss for 1-2 mins, until warmed through. Remove from heat. Add pesto and toss to combine. Serve with pecorino and oregano.

In each serve 4395 kilojoules, 34g protein, 71g total fat (15g sat fat), 63g carbohydrate (2g sugar), 10g fibre, 1669mg sodium.

Olives Ascolana-style

SERVES 6 PREP 30mins COOK 5mins

REHEAT IT • SPECIAL OCCASION

"Olive all'Ascolana is from the city of Ascoli in the region of Marche. It's great as an appetiser with a Campari and soda."

¼ cup (60ml) olive oil, plus 200ml extra
for deep-frying

⅓ carrot, finely chopped

⅓ onion, finely chopped

⅓ celery stalk, finely chopped

50g beef mince

50g pork mince

50g chicken mince

⅓ cup (80ml) dry white wine

zest of ½ lemon

¼ tsp grated nutmeg

1 slice white bread, crusts removed

⅓ cup (25g) grated Parmigiano Reggiano

3 eggs

18 large green olives, pitted (see tip)

⅓ cup (50g) plain flour

1 cup (100g) packaged breadcrumbs

2 cups (500ml) vegetable oil

1 Heat oil in a frying pan on medium. Cook carrot, onion and celery, stirring, for 5 mins, until softened. Add beef, pork and chicken mince. Cook for 5 mins, stirring to break up any lumps, until browned. Season. Add wine and bring

to boil. Reduce heat and simmer for 2-3 mins, until reduced by half. Set aside to cool.

2 Place mince mixture in a food processor. Add zest, nutmeg and bread. Process until combined. Transfer to a bowl. Add Parmigiano and 1 lightly beaten egg and mix. Refrigerate for 30 mins.

3 Make a small incision, lengthwise, in each olive. Fill each olive with 1 tsp of mince mixture.

4 Place flour and breadcrumbs on separate plates. Whisk remaining eggs in a bowl. Dust olives in flour, shaking off excess. Dip in egg, then roll in breadcrumbs to lightly coat.

5 Heat vegetable oil and extra oil in a saucepan on high to 150C, until a cube of bread sizzles on contact. Deep-fry olives, in batches, for 8 mins, until crisp and golden.

In each serve 2173 kilojoules, 14g protein, 41g total fat (7g sat fat), 21g carbohydrate (2g sugar), 3g fibre, 940mg sodium.

tip} Use big olives from the deli for this dish, rather than bottled ones.

Green olive & ricotta-stuffed chicken

SERVES 4 PREP 30mins plus resting

COOK 20mins

2 OF 5-A-DAY • GLUTEN FREE

2 small zucchini, seeded, finely chopped

3 roma tomatoes, seeded, finely chopped

1 garlic clove, crushed

¼ cup fresh marjoram leaves

¼ cup (60ml) extra virgin olive oil,
plus 2 tbsp extra

1 tbsp red wine vinegar

¾ cup (150g) fresh ricotta

180g green Sicilian olives, pitted, thinly sliced

⅔ cup (50g) grated Parmigiano Reggiano

1 egg

4 x 230g chicken breast, skin on, bone in

30g unsalted butter

2 cups salad greens, to serve

1 Preheat oven to 230C or 210C fan. Combine zucchini, tomato, garlic, marjoram, ¼ cup of oil and vinegar in a glass bowl. Season.

2 Combine ricotta, olives, Parmigiano and egg in a bowl. Season. Make a small incision in each chicken breast to create a pocket. Fill with ricotta mixture. Secure with a toothpick.

3 Heat extra oil and butter in an ovenproof frying pan on medium. Cook chicken, skin-side down, for 3-4 mins, until golden. Turn chicken. Place pan in oven and cook for 15 mins, until cooked through. Cover with foil and rest for 5 mins.

4 Cut chicken in half. Top with tomato salsa and drizzle over pan juices. Serve with salad.

In each serve 3509 kilojoules, 52g protein, 68g total fat (20g sat fat), 4g carbohydrate (3g sugar), 4g fibre, 1061mg sodium.



Green olive &
ricotta-stuffed
chicken