

JUST NOT

Michele
Pagani



ravioli

Of the many drawbacks to the traditional police “stakeout”, one of the main ones is that one tends to eat poorly. Unable to leave the room to visit a local eatery, while also unable to have prepared food delivered for security, traditional “stakeout fare” often consists of canned, boxed or packaged foods that can easily be heated over a propane stove or in a microwave oven. However, these items lack not just flavor, but also nutrition, which can result in a lack of energy at a time when one’s mind is already muddled by routine, boredom and lack of sleep.

While Michelin Star Dining may not be possible during a stakeout, neither must one suffice on ramen noodles and fried SPAM with pineapple slices. Here are three quick and simple meals that can be prepared “in the field” and will provide not only some recommended daily allowances of vitamins and minerals, but also of taste.

1 CREAMY GOAT CHEESE PASTA WITH ROASTED ASPARAGUS

Serves 4 | Preparation Time: 20 Minutes | Total Time: 35 Minutes

02 bunches asparagus
60ml butter
340g cavatappi or other short pasta
145g soft goat cheese
30ml fresh-snipped chives

Bring a large pot of water to boil. Generously salt and add pasta, cooking till al dente.

Remove the rough ends from the asparagus stalks. Spear length of stalk with metal or soaked bamboo skewer and lightly coat with butter. Set aside.

Once pasta is cooked, remove from heat and drain, setting aside 350ml of the water.

Place asparagus over open flame and roast. Set aside to cool.

Mix goat cheese, remaining butter and water as necessary in a bowl, whisking until smooth.

Cut cooled asparagus stalks into 5cm sections and mix with cheese and pasta. Add chives for garnish.

2 GRILLED CREAM CORN WITH PARMESAN

Serves 4 | Preparation Time: 10 Minutes | Total Time: 30 Minutes

06 ears corn, husks and silks removed
45ml unsalted butter, room temperature
15ml flour
180ml heavy cream
180ml whole milk
60ml grated Parmesan

Place a grill pan over medium-high heat. Grill the corn until tender, turning every 5 to 6 minutes, about 15 minutes. When cool enough to handle, remove the kernels.

In a medium skillet, heat the butter over medium-high heat. Add the corn and cook until softened, about 3 minutes. Stir in the flour and cook for 1 minute. Reduce the heat to medium and add the cream. Simmer until the mixture thickens, 2 to 3 minutes. Add the milk, cheese, and parsley. Cook over low heat until warmed through. Season with salt and pepper, to taste, and serve.

3 SAUSAGE, PEPPERS & ONIONS

Serves 4 | Preparation Time: 15 Minutes | Total Time: 55 Minutes

60ml extra-virgin olive oil
450g sweet Italian sausage
15ml salt
15ml pepper
02 red bell peppers, sliced
02 yellow onions, sliced
04 garlic cloves, chopped
30ml tomato paste
250ml red wine (Marsala, if available)
1 can (400g) diced tomatoes

Heat the oil in a heavy large skillet over medium heat. Add the sausages and cook until brown on both sides, about 7 to 10 minutes. Remove from the pan and drain.

Keeping the pan over medium heat, add the peppers, onions, salt, and pepper and cook until golden brown, about 5 minutes. Add the tomato paste and stir. Add wine and tomatoes. Stir to combine, scraping the bottom of the pan to release all the browned bits. Bring to a simmer.

Cut the sausages into 4 to 6 pieces each, about 3cm cubes. Add the sausage back to the pan and stir to combine. Cook until the sauce has thickened, about 20 minutes.

Serve in bowls or in fresh rolls split in half lengthwise. Hollow out the bread from the bottom side of each roll, being careful not to puncture the crust. Fill the bottom half of the roll with sausage mixture. Top and serve sandwiches immediately.



top | creamy goat cheese pasta with asparagus. middle | sausage, pepper & onions. bottom | grilled corn with parmesan.