Pomì
O Così. O Pomì.

# SEAFOOD SALAD WITH TOMATO “SPONGES” AND FRIED CAPERS



**Preparation time**: 30 min
**Difficulty**: Medium

**Ingredients**

- Aromatic herbs: to taste
- Capers: 50 gr
- Cooking cream: 200 gr
- Eggs: 2
- Flour: 125 gr
- Lime: 1
- Mussels: 500 gr
- Octopus: 500 gr
- Prawns: 8
- Squids: 4

## Preparation

Clean the seafood and cook each type separately to preserve the different flavors. Once cooked, put everything together adding extra-virgin olive oil, lime and pepper.
In a minipimer glass, pour 7 oz of **Pomì L+ tomato sauce**, 1 whole egg and 1 yolk, flour and cooking cream. Blend the mixture and pour it into a whipping siphon, inserting 2 cartridges.
Pour in plastic glasses and cook 30 seconds in a microwave. You will obtain delicious tomato “sponges”. Serve with a handful of fried capers and herbs.

**For this recipe we used:**

Strained Tomatoes 200 gr

