

70x7 The Meal, act XXXIV

Ingredients

5 Tbsp. grape seed oil
2 lbs. squash
1 bulb fennel
½ red onion (finely chopped)
1 clove garlic (minced)
3 canned tomatoes
(coarsely chopped)
3 Tbsp. toasted pine nuts
1/3 cup golden raisins
2-3 tsp. red wine vinegar
salt (to taste)
pepper (to taste)

Marc Vetri's Squash Caponata

1. Heat the pine nuts in a dry skillet over medium heat until fragrant, about 3-5 minutes. Be sure to shake the pan every once in a while.
2. Cut the squash into 1 inch cubes. Then, trim and core the fennel, and cut into bite sized pieces.
3. Heat 4 tbsp. of grapeseed oil in a large, heavy skillet over medium-high heat.
4. Add the squash cubes and sauté until nicely browned, about 10 minutes.
5. Remove the squash from the pan and drain on a wire rack set over paper towels.
6. Add the remaining grapeseed oil to the pan and sauté the fennel and onion until lightly browned, about 5 minutes.
7. Add the garlic and cook for 1 minute. Stir in the tomatoes, scraping up any brown bits from the bottom of the pan.
8. Add the sautéed squash, pine nuts, and raisins and mix gently so that you do not break up the eggplant.
9. Add the vinegar, and season to taste with salt and pepper. Add more vinegar if needed.
10. Let cool to room temperature before serving.



The City of Philadelphia Mural Arts Program collaborated with internationally renowned Paris-based artists Lucy + Jorge Orta to host **70x7 The Meal, act XXXIV**. This recipe, created by chef Marc Vetri and catered by Cescaphe, was served to 900 guests. *The Meal* gathered guests around a massive communal table to address food sustainability and healthy food systems.

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Ingredients

2 bulbs fennel
2 ½ cups olive oil
1 ¼ tsp. red pepper
1/3 cup parmesan
salt (to taste)
pepper (to taste)

Marc Vetri's Fennel and Parmesan Gratin

1. Preheat the oven to 350°.
2. Trim the base of the fennel and remove all dark and light green parts down to the white bulb. Slice each bulb in half lengthwise. Cut each half lengthwise into 4 wedges, and remove the cores.
3. Lay the wedges on a rimmed baking sheet and add the olive oil to a depth of ¼ inch.
4. Sprinkle each wedge with a pinch of salt, black pepper, and red pepper flakes.
5. Top each with about a teaspoon of grated parmesan.
6. Bake until fork tender, about 30 minutes.
7. Remove from the oven, and let cool in the oil until just warm.
8. Using a slotted metal spatula, transfer the fennel to plates and garnish with the removed fennel fronds.



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