



Words: Laura Speranza
Photography: Gene Ramirez

The **Al Capone** pulls the **trigger**

Take one juicy 120 day grain-fed eye fillet steak. Add pan-seared tiger prawns, octopus and calamari and finally drizzle with a seeded mustard cream sauce.

These are the three essential components that make up the Al Capone steak, one of the most popular dishes at Criniti's in Parramatta. "It's tangy, zingy and a little bit spicy," grill chef Carmelo Manganaro, 24, says. "All the ingredients add their own unique flavour."

Mr Manganaro said the Al Capone is a favourite among regular diners at the Church Street restaurant. On a typical Friday or Saturday night, anywhere from 50 to 80 Al Capone steaks make their way out of the kitchen and into the happy stomachs of Criniti's customers. "It's definitely our most popular dish," Mr Manganaro said.

There is no question Mr Manganaro and the team of hard-working kitchen staff could make the Al Capone with their eyes closed if necessary. But that is far from the case when the team sources the freshest 350 gram eye fillet from the butcher. "It all begins with the steak - it's 120-day grain fed and you can taste the difference," he said. "It has a perfect texture, and a better flavour from the marbling of the fat." Just as much attention is given to finding the freshest seafood for the top of this tasty dish, as well as blending the perfect mustard cream sauce which will be drizzled on top, Mr Manganaro said.

Mr Manganaro, who is of Italian heritage, has been cooking Italian food for most of his eight-year career in the kitchen. "I just grew up around food," he said. "Everyone in my

family is in the hospitality industry and does something related to food." He said he joined Criniti's three years ago on the advice of friends, who told him it was one of the best Italian restaurants in Sydney.

Mr Manganaro said he loves cooking the southern Italian cuisine on the Criniti's menu, which originate from the Calabrese, Sicilian and Neapolitan regions.

The Al Capone steak is \$38.90.



Where: Criniti's
291 Church Street
Parramatta
1300 274 648 for reservations