



Spaghetti Marinara

Ingredients

For Spaghetti

| | |
|-------------------|----------|
| Spaghetti (dry) | 600 gm |
| Water for boiling | 6 liters |
| Olive oil | 1 tbsp |
| Salt | 1 tbsp |

For Marinara Sauce

| | |
|---|-------------|
| Olive oil | 2 tbsp |
| Onion (chopped) | 25 gm |
| Garlic (minced) | 1 clove |
| Tomato puree | 300 ml |
| Chili flakes | 1/2 tsp |
| Basil | 1 sprig |
| Oregano | 1 sprig |
| Salt | as required |
| Crushed black pepper | as required |
| Seafood (Squid, Shrimp, Mussels, Clams) | 320 gm |

For Garnish

| | |
|-------------|------------|
| Basil fresh | few leaves |
|-------------|------------|

Method of Cooking

1. The shrimp is shelled, deveined and the other seafood is cleaned and cut as required.
2. Fill the stock pot with 6 liters of water and bring to a boil.
3. Add olive oil, salt and gently add the spaghetti.
4. Do not break the spaghetti to fit in the pot. As it softens, it will slide in by itself. Boil until "Al Dente" (if a strand of spaghetti is cut through the centre, there should be a tiny white and uncooked dot in the centre).
5. Place half the olive oil in a sauce pan and sauté the seafood, sprinkling a little salt. Once partially cooked remove from pan and set aside.
6. In the same pan, add the remaining oil, add onion, garlic and sweat on low heat.
7. Add the chili flakes and heat for a minute, then add the tomato puree and bring to a boil.
8. Add the herbs and allow to simmer for 15 minutes. Lastly, add the partially cooked seafood and cook for a minute.
9. Add spaghetti into the sauce and toss together until well coated. Adjust seasoning as required and serve garnished with basil.



Fussilli with Chicken In Pesto Sauce

| Ingredients | Quantity | Method of Cooking |
|--------------------------|-------------|--|
| For Fusilli | | |
| Fusilli pasta | 600 gm | <ol style="list-style-type: none"> 1. In a stock pot bring water to a boil; add olive oil, salt, and then the pasta. Make sure not to overcook the pasta. 2. While the pasta is cooking, make the Pesto sauce: In a blender combine the basil leaves, garlic clove, pine nuts and blend using olive oil a little at a time. 3. Blend until completely smooth, remove into a bowl, stir in parmesan cheese, cover and set aside. 4. In a medium sauté pan, heat oil and add diced chicken, sauté until done. Add oregano & Pesto sauce and sweat. 5. Add the cooked and drained 'al dente' pasta into the Pesto and toss while on heat. Season with salt & black pepper. Once tossed well take off heat. 6. Garnish with parmesan and basil before serving. |
| Water | 6 liters | |
| Olive oil | 3 tbsp | |
| Salt | as required | |
| For Pesto Sauce | | |
| Basil (fresh) | 3 cup | |
| Garlic | 3 clove | |
| Pine nuts | 3 tbsp | |
| Extra virgin olive oil | 1/2 cup | |
| Parmesan cheese (grated) | 6 tbsp | |
| For the Chicken | | |
| Chicken breast (diced) | 500 gm | |
| Salt & black pepper | as required | |
| Oregano (dried) | 1 tsp | |
| Parmesan cheese (grated) | 8 tsp | |
| Olive oil | 6 tbsp | |
| For Garnish | | |
| Parmesan cheese (grated) | 6 tbsp | |
| Basil fresh | few leaves | |
| Cherry tomatoes | 6 pc | |

Mushroom Ravioli with Sugo de Crema

Ingredients

Fresh Pasta Dough

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|--------------------------------|-------------|
| All purpose flour | 300 gm |
| Egg (for dough) | 3 pc |
| Egg (for egg wash) | 1 pc |
| Extra flour for sheeting pasta | as required |

Mushroom Filling

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|----------------------------|-------------|
| Butter 3 tbsp | |
| Onion (brunoise) | 3 tbsp |
| Garlic (minced) | 3 tbsp |
| Button mushroom (chopped) | 6 tbsp |
| Blue Cheese | 3 tbsp |
| Cooking cream | 120 ml |
| Marjoram (chopped) | 3 sprig |
| Parmesan (grated) | 5 tsp |
| Salt & black pepper powder | as required |

Sugo di Crema

| | |
|----------------------------|-------------|
| Butter 3 tbsp | |
| Onion (brunoise) | 4 tbsp |
| Cream (cooking) | 250 ml |
| Sage (fresh) | 3 sprig |
| Salt & black pepper powder | as required |
| Parmesan | 3 tsp |

For Boiling the Ravioli

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|-----------|----------|
| Water | 3 liters |
| Olive oil | 2 tbsp |
| Salt | 2 tbsp |

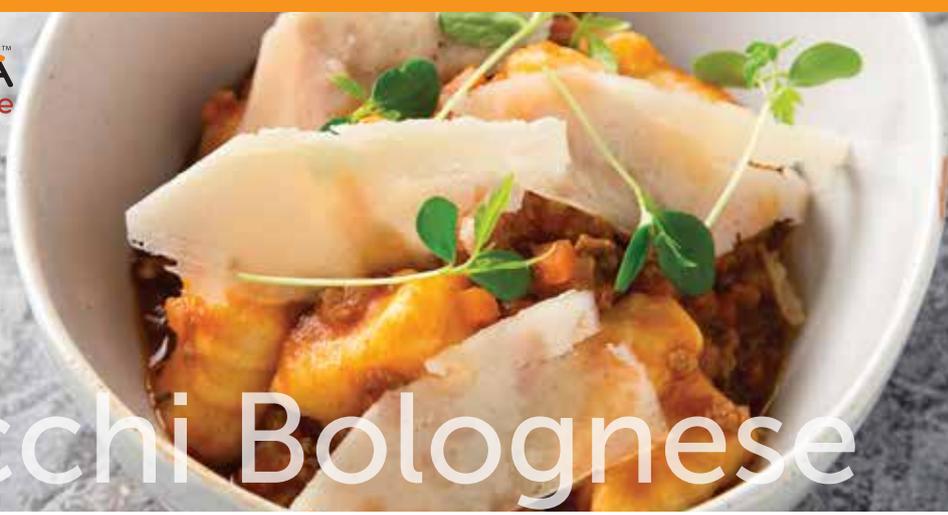
Quantity

Method of Cooking

1. Make the fresh pasta dough by kneading the flour with whole egg, to form strong dough. Rest for 15-20 minutes. Sheet and use as desired.
2. To make the mushroom Duxelle filling, melt butter in a sauté pan and add chopped onion and garlic. Sweat until translucent.
3. Add chopped mushroom and cook on a low heat till all the moisture evaporates.
4. Add cream, marjoram and reduce till the mixture is thick.
5. Add blue cheese and Parmesan; take off the heat, season as required and set aside.
6. In a sauce pan, melt butter and sweat onions.
7. Add cream and reduce till thick. Add sage and reduce to coating consistency.
8. Adjust seasoning as required, finish with grated Parmesan and take off the heat.

Making the Ravioli

1. Using a pasta machine, flatten the dough out a little and pass it through the thickest attachment in the pasta machine. After it rolls out, fold it over itself and pass through the machine again. After doing this three times change the attachment to a thinner one and pass through a couple of times before you change the attachment. At each stage use as much flour as required to ensure that the pasta sheet does not stick.
2. Brush off the excess flour from the sheet of pasta, give the sheet an egg wash and spoon the cooled mixture placing them in heaps 2-3 inches apart.
3. Fold the other half over the spooned mixture and seal by pressing down in between the heaps.
4. Make sure the edges are sealed completely or else the mixture will break out of the ravioli when cooking.
5. Cut them into squares.
6. Half fill water in a stock pot and bring to boil, add salt.
7. Drop the in ravioli in to the salted boiling water.
8. Cook until al dente, drain and immediately toss in sauce.



Gnocchi Bolognese

Ingredients

For Gnocchi

| | |
|-----------|-------------|
| Potato | 300 gm |
| Flour | 100 gm |
| Nutmeg | 1 pinch |
| Egg yolk | 2 piece |
| Water | 3 liters |
| Salt | as required |
| Olive oil | 1 tbsp |

For Bolognese sauce

| | |
|--------------------------|-------------|
| Beef mince | 180 g |
| Onion (chopped) | 1 tbsp |
| Carrot (chopped) | 1 tbsp |
| Celery (chopped) | 1 tsp |
| Garlic (chopped) | 1 tsp |
| Rosemary (fresh) | 1/2 tsp |
| Tomato paste | 2 tsp |
| Tomato puree | 100 gm |
| Brown beef stock | 250 ml |
| Parmesan cheese (grated) | 1 tbsp |
| Salt | as required |
| Crushed black pepper | as required |
| Olive oil | 2 tbsp |

Quantity

Method of Cooking

1. Boil the potatoes with skin on, until cooked well.
2. While the potatoes are boiling start the Bolognese sauce mixture; in a medium sauce pan, heat the olive oil and sauté onion, celery, carrot and garlic.
3. Add beef and sauté until dry and the beef is browning. Then add tomato paste, tomato puree and cook for another minute.
4. Add the stock. Bring to a boil and simmer for 45 minutes or until the right consistency is achieved.
5. Check the seasoning of the sauce and finish with rosemary.

To make the Gnocchi Dumplings

6. Peel the potato skin and push through a sieve to get a soft mash without any lumps. Into this potato mash mix the flour, salt, egg yolk and nutmeg, to form a soft mass. Form smooth dough, but do not knead, as the Gnocchi will become tough.
7. Divide into small dumplings and shape.
8. Add the gnocchi into the boiling salted water. Poach until it floats to the surface. Toss the gnocchi dumplings into the sauce. Serve hot garnished with Parmesan.

Cannelloni with Spinach and Ricotta

| Ingredients | Quantity | Method of Cooking |
|--|-------------|--|
| Cannelloni shells (dried) | 8 no | |
| For the Béchamel Sauce | | To make the Béchamel Sauce |
| Milk | 200 ml | 1. In a sauce pan, boil milk with cloves, bay leaf & onion. |
| Flour | 20 gm | 2. In another sauce pan, cook butter & flour together to make a roux. Do not color. |
| Butter | 20 gm | 3. Strain the clove, bay leaf & onion from the milk, cool and add the milk to the roux slowly. |
| Nutmeg | a pinch | 4. Whisk together till smooth, cook on a gentle heat until thick, and then add cheese and nutmeg. |
| Onion | 1 small | 5. Add cream to adjust the consistency. Season if required and set aside. |
| Cloves | 4 pieces | |
| Bay leaf | 2 leaves | To make the Pomodoro Sauce |
| Parmesan cheese (grated) | 30 gm | 6. Heat a sauce pan; add olive oil, garlic and sauté. |
| Cream | 90 ml | 7. Add the tomatoes and simmer the sauce on a very low heat, stirring from time to time until it thickens. |
| Salt | as required | 8. Add basil and season then drizzle a little olive oil and mix into the sauce. |
| Pomodoro Sauce | | To make the Filling |
| Tomato (whole or crushed, peeled in juice) | 250 gm | 9. Blanch the spinach, by immersing it in boiling water for 5 – 10 seconds, remove from the hot water, plunge in cold water, drain and squeeze to remove excess moisture and chop. |
| Basil (fresh) | 2 leaves | 10. Heat pan with olive oil. Sauté the onions and spinach. Add oregano, salt & black pepper to taste. |
| Garlic (minced) | 1 clove | 11. Remove pan from heat, cool the mixture down and mix in the ricotta. |
| Olive oil | 20 ml | 12. Mix well until smooth. Fill the mixture into the pasta tubes using a piping bag or teaspoon. |
| Salt & black pepper | as required | |
| Spinach and Ricotta Filling | | Assembling the Cannelloni |
| Onions (chopped) | 60 gm | 1. Preheat oven to 180 °C. |
| Spinach (chopped) | 400 gm | 2. Spread 2 tablespoons of Pomodoro sauce on the base of the ceramic dish and arrange the filled Cannelloni tubes on it. |
| Ricotta cheese | 200 gm | 3. Spread the remaining Pomodoro on top of the tubes and drizzle the Béchamel on top of the Pomodoro. |
| Olive oil | 30 ml | 4. Sprinkle with grated Parmesan. |
| Parmesan cheese (grated) | 20 gm | 5. Bake in a preheated oven for 15 minutes. |
| Oregano | as required | 6. Serve hot garnished with Basil leaf. |
| Salt & black pepper | as required | |