

Simple Italian Salad

Ingredients:

Salad:

- 1 small head leafy lettuce- roughly chopped
- 1/4 small red onion- thinly sliced
- 1/4 cup grated parmesan cheese
- 1/2 cup pepperoncini- mild-sliced
- 1/4 cup black olives- sliced in half
- 1/2 punnet cherry tomatoes- sliced in half
- 1/4 cup croutons
- Pepper to taste

Dressing:

- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/4 teaspoon salt
- 1/4 cup olive oil
- 1 tablespoon white vinegar

Equipment:

- Knife
- Chopping board
- Measuring cups
- Measuring spoons
- Glass jar
- Large salad serving bowl



Method

1. Collect all of the ingredients and equipment.
2. To make the dressing, place all the ingredients in a glass jar. Shake vigorously until all the ingredients are combined.
3. To make the salad, place all the ingredients in a large salad bowl. Drizzle with the dressing and toss to combine.
4. Serve on the side with pasta. Enjoy!

Spinach Basil Pesto

Ingredients:

- 1/4 cup olive oil
- 2 cups packed spinach leaves
- 1/2 bunch fresh basil leaves
- 1 clove garlic
- 1 tablespoon lemon juice
- 1/4 cup parmesan cheese
- 1/4 teaspoon salt
- 1/4 teaspoon pepper



Equipment:

- Measuring cups
- Measuring spoons
- Food processor or blender
- Rubber spatula
- Large frypan



Method

1. Collect all of the ingredients and equipment.
2. Place all of the ingredients into a food processor or blender. Blend for 30 seconds and then stop and scrape the bowl with a rubber spatula. Blend again until smooth.
3. Taste the mix and season with more salt and pepper if needed.
4. When the pasta is cooked, warm the pesto in a large stovetop frypan and toss the drained pasta through the warm pesto, coating all of the pasta.
5. Serve straight away and Enjoy!

Pasta- Spaghetti

Ingredients:

- 6 large eggs or one per student (75g lukewarm water for Egg free)
- 600g Tipo 00 flour or 1/2 cup per student (100g flour for egg free recipe)



Equipment:

- Small bowl
- Measuring Cups
- Fork
- Baking tray
- Baking paper
- Pasta Machine
- Large Saucepan

Method:

1. Collect all of your ingredients and ensure your bench space is clear and clean.
2. Each student will need 1 egg and $\frac{3}{4}$ cup of flour.
3. Place your flour on the bench and make a well in the middle, pushing the flour out to the edges like a nest. Pour the egg into the well and beat with a fork until smooth.
4. Using the tips of your fingers, mix the egg into the flour, incorporating a little at a time until everything is combined. Once your dough is starting to come together start kneading it to create one whole ball of dough.
5. Now knead the dough (work it) to develop the gluten. This takes a bit of time. The dough should go from feeling rough and floury to smooth and silky!
6. Wrap the dough in glad wrap and place in the fridge to rest for 30 minutes.
7. Clean your work surface and set up your pasta machine, making sure it is clamped firmly to the bench.
8. Dust the bench with some flour and then take a lump of dough about the size of an orange and press it flat with your finger tips.
9. Set the pasta machine to the widest setting and roll the lump of dough through it. Lightly dust the pasta with flour if it sticks at all.
10. Now click the machine down a setting and roll the pasta through again. Repeat the process through all the settings. Stop after the dough has gone through number 2.
11. When you have rolled the dough through the number 2 setting, cut the sheet up into 3-4 smaller sheets.
12. Now move to the spaghetti setting on the machine and send the thin dough sheet through the spaghetti set.
13. Dust the spaghetti with a bit more flour and place as a loose nest on a baking tray with baking paper. Set aside until ready to cook. Repeat with remaining dough sheets.
14. To cook, boil salted water and then drop the spaghetti bundles gently into the water. Cook for 3-4 minutes or until the pasta is cooked. Drain and add to the Neapolitana sauce.

GF Pasta- Spaghetti

Ingredients:

- 200g GF Flour (Plain) plus extra for the kneading and rolling
- 1 Tsp Xanthan Gum
- 3 Eggs



Equipment:

- Medium bowl
- Measuring Cups
- Fork
- Baking tray
- Baking paper
- Pasta Machine
- Large Saucepan

Method:

1. In a bowl, mix together the gluten free flour and xanthan gum until evenly distributed.
2. Make a well in the middle of the flour + xanthan mixture and crack in the eggs. Scramble the eggs slightly and start mixing in the flour + xanthan mixture. Eventually, you will end up with a slightly sticky pasta dough.
3. If the dough doesn't come together in a ball and feels crumbly or dry (this can happen if you use a different gluten free flour blend from the one recommended in the recipe), you can add another egg at this point.
4. If, on the other hand, the dough feels too wet or soft, you can add a small amount of additional flour.
5. Turn the pasta dough onto a generously floured surface and knead it for 2 - 3 minutes, until you get a smooth ball of pasta dough.
6. Because this is a gluten free pasta dough, there's no gluten to stretch and "activate", but kneading ensures a smooth dough with no flour clumps.
7. Cut the dough into four evenly sized pieces. Wrap the three pieces of dough you won't use immediately in cling film so that they don't dry out.
8. Flatten one piece of gluten free pasta dough and flour it generously on both sides.
9. Clean your work surface and set up your pasta machine, making sure it is clamped firmly to the bench.
10. Set the pasta machine to the widest setting and roll the lump of dough through it. Lightly dust the pasta with flour if it sticks at all.
11. Now click the machine down a setting and roll the pasta through again. Repeat the process through all the settings. Stop after the dough has gone through number 2.
12. When you have rolled the dough through the number 2 setting, cut the sheet up into 3-4 smaller sheets.
13. Now move to the spaghetti setting on the machine and send the thin dough sheet through the spaghetti set.
14. Dust the spaghetti with a bit more flour and place as a loose nest on a baking tray with baking paper. Set aside until ready to cook. Repeat with remaining dough sheets.
15. To cook, boil salted water and then drop the spaghetti bundles gently into the water. Cook for 3-4 minutes or until the pasta is cooked. Drain and add to the Napoletana sauce.