

# Napoletana Sauce

## Ingredients:

- 3 tablespoons extra-virgin olive oil
- 1 garlic clove- minced
- 800g tinned Italian peeled whole tomatoes
- Salt and pepper
- 10 basil leaves

## Equipment:

- Medium saucepan
- Wooden spoon
- Ladle
- Garlic Press



## Method:

1. Collect all of your ingredients.
2. Put the tomatoes in a bowl and use your hands to break them all up.
3. Heat the olive oil in an electric frypan over medium heat and add the garlic. Fry briefly, then add the tomato.
4. Bring to the boil, then reduce the heat to low and simmer for 20 minutes.
5. Season with salt and pepper and tear over the basil. Stir to combine.
6. To serve, put some of the sauce through the cooked spaghetti and then mix to combine/coat all of the pasta.
7. Serve the pasta into bowls and then add a little more sauce on top. Sprinkle with parmesan cheese. Enjoy!

# Herb Bread

## Ingredients:

- 2 tbs mixed herbs
- 50 g butter softened (DF nuttelex sub)
- ½ cup parmesan cheese (Bio Cheese DF sub)
- ½ a bread stick (GF sub)

## Equipment:

- Measuring spoons
- Small bowl
- Knife
- Baking tray
- Baking paper



## Method:

1. Collect all of your ingredients and heat your oven to 180 degrees Celsius.
2. Line a baking tray with baking paper.
3. Place the butter and mixed herbs in a small bowl and combine together.
4. Slice your breadstick through the middle length ways.
5. Butter both pieces of bread with the herb butter.
6. Sprinkle parmesan cheese onto both pieces of bread.
7. Place on a baking tray and place in the oven for 10-15 minutes.
8. When cooked, chop the bread slices into pieces and serve.

# Pasta- Spaghetti

## Ingredients:

- 6 large eggs or one per student (1/4 cup 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 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 Napoletana 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.
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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.