

Potato Gnocchi

Ingredients:

- 4 800g Sebago Potatoes- washed and peeled
- Salt and ground white pepper
- 1 egg- lightly beaten (Olive oil 1/4 cup EF sub)
- 2 cups (300g) plain flour (GF Plain flour sub)
- 1/4 cup (20g) finely grated parmesan cheese (Bio cheese DF sub)
- Extra plain flour to dust



Method:

1. Collect all of your ingredients.
2. Wash, peel and quarter the potatoes. Place them in the steamer section of a saucepan/steamer set.
3. Fill the saucepan part with water (about 3cm) and bring the water to the boil on high heat. When the water is boiling add the steamer basket with lid to the saucepan. Ensure the steamer basket is not touching the water.
4. Steam the potatoes for 20 minutes or until tender. When cooked, remove the potatoes from the heat and then spread them out on a plate to cool down. When cool, mash the potatoes with a potato masher and season with salt and pepper.
5. Tip the potato onto a clean bench surface, add the beaten egg and stir with a fork until combined. Add the flour and the parmesan cheese to the mix. Use your hands to combine everything. Mix until a firm dough forms. (if dough is too sticky, add a little more flour).
6. Knead the mixture into a dough and continue kneading until smooth.
7. Line a baking tray with baking paper and divide the dough into 6 equal portions.
8. Students to roll a portion each into a long sausage/log (2cm diameter and 30cm long). Cut the log into 1cm pieces. Place on a tray lined with baking paper.
9. Bring a large saucepan of salted water to the boil over medium heat. Add one quarter of the Gnocchi into the boiling water and cook for 2 minutes once they rise to the surface. Don't overcrowd the saucepan.
10. Use a slotted spoon to collect up and drain the gnocchi before placing in a bowl. Cover with foil to keep them warm. Repeat process with the other 3 quarters.

Equipment:

- Peeler
- Knife
- Chopping board
- Saucepan and steamer set
- Potato Masher
- Plate
- Small bowl
- Measuring cups
- Baking tray with baking paper
- Large Saucepan
- Fork
- Slotted spoon
- Bowl for cooked gnocchi
- Foil

Sage and Burnt Butter Sauce

Ingredients:

- 100g unsalted butter- chopped into cubes (DF Nutelex sub)
- 16-20 small sage leaves
- Salt and Pepper to season
- Cooked Gnocchi
- Parmesan Cheese to sprinkle on top (Bio cheese DF sub)

Equipment:

- Scales
- Chopping board
- Knife
- Large fry pan
- Wooden spoon
- Serving soon



Method:

1. Collect all of your ingredients.
2. Chop the butter into small cubes and place in a large frypan over medium heat.
3. Cook until the butter is melted and then add the sage leaves to the pan.
4. Cook the butter and sage leaves, swirling the pan often, for 4-5 minutes or until the sage leaves are crisp and the butter has turned a deep nut-brown colour.
5. Season to taste with salt and pepper.
6. When ready, add the gnocchi to the frying pan and toss it through the butter and sage mix.
7. To serve, divide the gnocchi among the bowls and then spoon over any remaining butter that is left in the pan. Sprinkle with parmesan cheese and enjoy immediately.

Italian Lemon Cake

Ingredients:

- 1 1/2 cups plain flour (GF Flour sub)
- 1 teaspoon baking powder
- 1 cup caster sugar
- 2 large eggs- room temperature (Egg replacement sub)
- Zest of 1 lemon
- 2 tablespoons lemon juice
- 125ml vegetable oil
- 150ml milk (Soy Milk DF sub)



Equipment:

- Cake tin
- Small bowl
- Whisk
- Large bowl
- Hand beater
- Measuring cups
- Measuring spoons
- Grater
- Spatula



Method:

1. Collect all of your ingredients.
2. Pre heat the oven to 180 degrees Celsius and grease and flour an 8 or 9 inch (20-23cm) Bundt cake tin.
3. In a small bowl whisk together the flour and baking powder.
4. In a large bowl beat the sugar and eggs on Medium speed until very fluffy and light. Approximately 5 minutes.
5. Then add the zest, juice, oil and milk and beat on low speed until combined.
6. Now add the flour mixture and beat on low speed until smooth.
7. Pour into the prepared cake pan and bake for approximately 40 minutes or until toothpick comes out clean.
8. Allow the cake to cool slightly before removing from the cake pan. Place in a cake rack to cool and begin making your Lemon Glaze.

Lemon Glaze

Ingredients:

- 1 $\frac{3}{4}$ cup icing sugar
- 1 tablespoon lemon juice
- 1 $\frac{1}{2}$ tablespoons plain yoghurt
(Omit for DF and just use more lemon juice)
- Lemon rind of 1 lemon for the top.

Equipment:

- Mixing bowl
- Whisk
- Measuring cups
- Grater/zester
- Measuring spoons
- Spatula



Method:

1. Collect all of your ingredients.
2. Place ingredients in a bowl and whisk until smooth. Test down the side of the bowl to get the right thickness, using 1 tsp of yoghurt at a time to thin it out if required. Glaze should drip (slowly, because it's thick) but not be see through.
3. Place cake onto a rack and then place the rack on a tray or baking paper to catch any drips.
4. When the cake is cool enough pour the lemon glaze over the middle of the cake. Gently push the glaze towards the edges of the cake so it drips down the sides.