



HOME MADE ORECCHIETTE

Ingredients

200g of semolina
100ml of warm water

Method

Place the semolina into a bowl and slowly pour in the water. Use a fork to bring the dough together. Tip out onto a lightly floured surface and knead for 7–8 minutes until the dough is firm and springy. Wrap the dough in cling film and leave to rest for 30 minutes. Take a portion from the dough and roll out into a 1.5cm thick sausage. Slice the length of pasta into 8mm pieces. Using a table knife, push the dough down and towards yourself. The dough should stretch and curl over the knife. Take your thumb, and invert the pasta curl back over it, creating that inside-out shape. Repeat this until you've used all the dough. Cook in fresh salted boiling water for 4–5 minutes, or leave them out to dry overnight and store in an airtight container.



INSALATA COTTA CRUDO

This classic vegetable-based Italian salad is a combination of raw and cooked ingredients and is a great way of using up leftovers and seasonal vegetables. There is no set recipe, use whatever ingredients you have to hand. So feel free to improvise with a few or more of below!

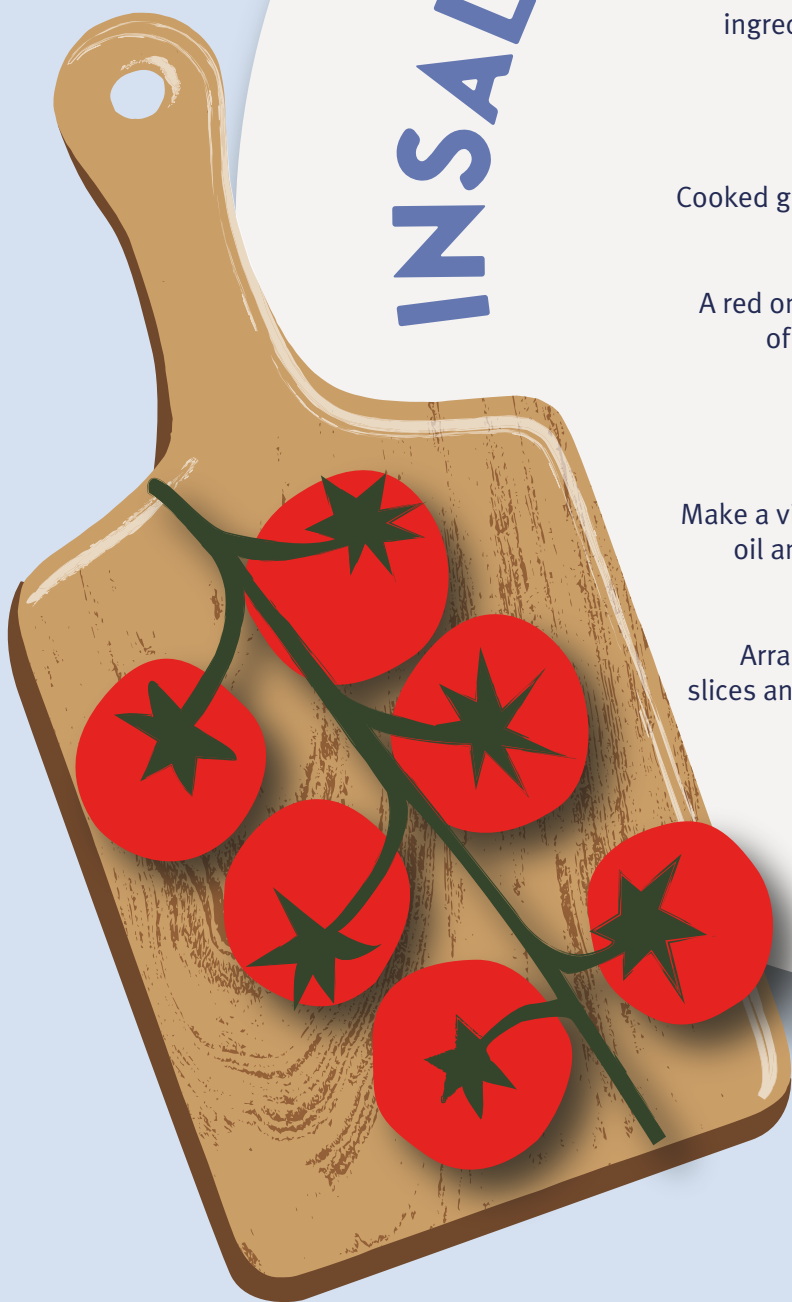
Ingredients

Jarred artichokes & roasted peppers, sliced thinly
Cooked green beans, broccoli, new potatoes & cauliflower florets
Cherry vine tomatoes sliced in half
Sliced radishes
A red onion sliced thinly and soaked in iced water with a splash of vinegar (this takes away some of the onions bossiness)
A few pitted black or green olives
A few capers

Method

Make a vinaigrette dressing by whisking 3 parts extra virgin olive oil and 1 part red wine vinegar in a bowl with a grind of black pepper, and season to taste with sea salt.

Arrange your choice of vegetables in a bowl, drain the onion slices and add to the bowl, add the tomatoes, olives and capers. Dress with the vinaigrette and taste for seasoning.





ROAST CHICKEN AND NOODLE SOUP

Ingredients

1 x leftover roast chicken carcass - pull the cooked meat and shred into bite size pieces and reserve in a bowl (if you do have a lot of cooked chicken, you can poach some chicken thigh or chicken breast into the cooked broth to supplement)
1x litre of water or more as needed to cover the carcass
1 x Carrot peeled
1x Onion peeled
4 x slices ¼ inch thick Ginger - peeled
1x whole head of Garlic - sliced in half
2 x Star anise
1 x tsp Coriander seeds
1 x tsp Black peppercorns
2 x Bay leaves
1 x tsp Sichuan peppercorns
2 x tbsp Soy sauce
1 x tbsp Fish sauce

Garnishes

100g cooked egg or rice noodles
Thinly sliced spring onions
Thinly sliced ginger
Small handful of beansprouts
Small handful of sliced mushrooms – shiitake, chestnut, or whatever you have in the fridge.
Chilli oil or finely chopped red chilli
A squeeze of lime
Fresh picked coriander





ROAST CHICKEN AND NOODLE SOUP

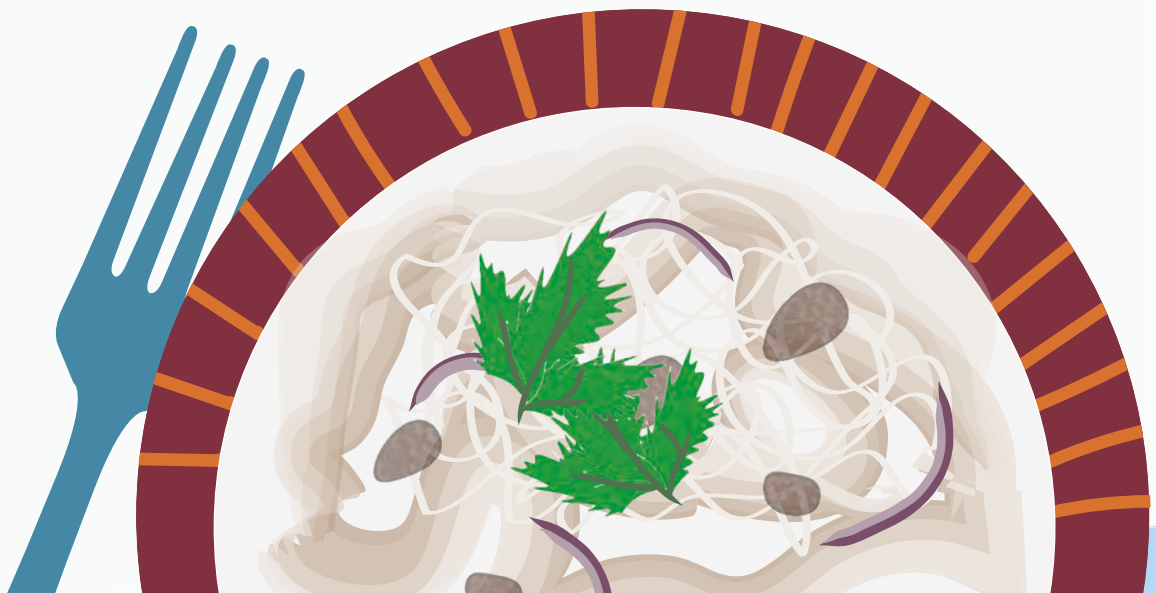
Method

Place the chicken carcass in a saucepan big enough to accommodate it and cover with water by 1 inch, then add the carrot, onion, ginger, garlic star anise, 1 tsp coriander seeds, 1 tsp black peppercorns bay leaves and 1tsp Sichuan peppercorns.

Let the broth tick away on a low heat for 3 to 4 hours, then strain the broth, discarding the carcass and vegetables.

Cook your noodles according to package instructions and place in warmed bowls.

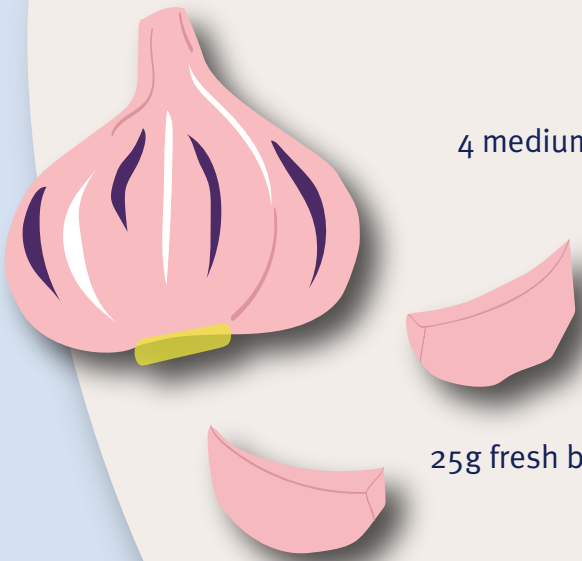
Put the strained chicken broth into another saucepan and taste for seasoning, add soy sauce, fish sauce to taste, and the cooked pulled chicken. Re-heat until it is piping hot. Add finely chopped red chilli or chilli oil to taste, garnish with thinly sliced spring onions, thinly sliced ginger, beansprouts, mushrooms, coriander leaves and finish with a squeeze of lime juice.






TUSCAN STYLE BREAD SOUP

Ingredients



3-4 tbsp Extra Virgin olive oil
4 medium Leeks, trimmed, washed and the white part thinly sliced, save the green tops for stock
2 Garlic cloves, peeled and thinly sliced
1 x Bay leaf
1 x 400g tin Tomatoes
450ml Chicken or vegetable stock
2 slices of stale sourdough, cut thickly and cubed
sea salt and freshly ground black pepper
25g fresh basil leaves, shredded, parsley or oregano are good alternatives

Method



Take the sourdough cubes, drizzle with olive oil and toast in the oven until crisp and golden.

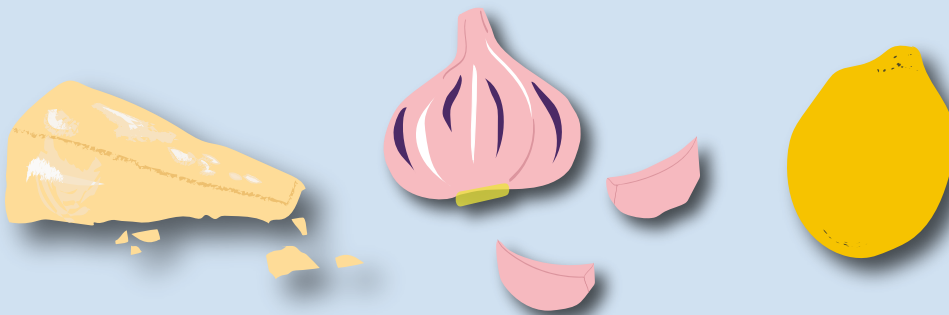
Heat the oil in a large pan and sauté the leeks, garlic and bay leaf until soft, 10-12 mins. Add the tinned tomatoes and cook, stirring to soften them, for 20 mins. Add the chicken or vegetable stock and continue cooking for another 20 mins. Take off the heat and add the toasted sourdough cubes and let stand for 10 mins.

Season to taste, and add the torn basil.
Serve with an extra drizzle of olive oil.



SUPPLI AL TELEFONO

Suppli are the Roman version of arancini - breaded, stuffed deep-fried risotto. While arancini often contain ragù, suppli are much simpler and usually just use mozzarella as the filling and often made using rice that has been cooked in tomato sauce. They are a popular snack food in Rome as well as a common antipasti in pizzerias. The term 'al Telefono' comes about because locals say that when the suppli are split and pulled apart, the thin cord of mozzarella that comes out resembles a telephone line.



Ingredients

- 200g leftover Tomato risotto, cooled
- 150g fresh Mozzarella, torn into small pieces
- 50g Parmesan, finely grated
- 1 unwaxed Lemon, zested and squeezed
- 1 fat clove of Garlic, peeled and grated
- 2 Eggs, beaten
- 2 mugs of Breadcrumbs
- 1 mug of Flour
- 1 mug of Milk

Method

Re-season the risotto with sea salt and freshly ground black pepper, then add the, garlic parmesan cheese and finely grated lemon zest and juice. Roll the rice and around in your hands until you have a nice neat cylinder. Place on a clean plate and repeat to form the remaining suppli. Preheat a deep-fryer or deep pan of oil to 180°C. Prepare a bowl of whisked egg and milk, a plate of flour and a tray of breadcrumbs.

One-by-one, roll the suppli in the flour, then the egg, and finally coat in the breadcrumbs. Deep-fry the suppli in batches until golden, then drain on kitchen paper. Serve hot to ensure a nice gooey cheese centre.





(Makes 20 portions)

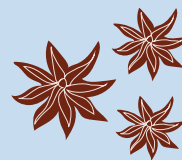
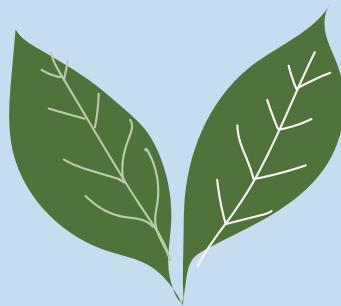
Ingredients

1.5 kg coarsely ground minced or finely diced Beef
2 large Spanish onions, finely chopped
2 sticks Celery, finely chopped
2 whole Star anise
2 Bay leaves
1 tsp dried Oregano
6 fat cloves of Garlic, peeled
120gm red Chillies, deseeded and finely chopped
70gm Tomato puree
300ml bottle light Beer
2 x 400g tin chopped tomatoes
300ml Beef stock
600g cooked drained Black beans
30gm Ground coriander
30gm Ground cumin
Fresh Coriander
15gm salt
30ml vegetable oil, reserving 1 tbsp
1 tbsp Chipotle paste

Method

Heat oil in a heavy based saucepan, fry onions, garlic, celery and star anise for 5 mins add cumin, oregano, bay leaves and cook until onions are soft and start to sweeten. Add the tomato paste and fry for 3 mins. Heat the oven to 180c. Put the minced/diced beef on a baking tray, breaking up the meat and drizzling with 1 tablespoon of vegetable oil, season with sea salt and black pepper place put baking tray in the oven for 20 minutes until the beef is cooked through. Take the beef out of the oven and add to the pan with the onions and tomato paste. Add beer, reduce by 2/3, then add the tinned chopped tomato and beef stock. Simmer gently for 1.5 to 2 hours. After 1 hour add black beans and chipotle paste, season to taste, finish with freshly chopped coriander. Freeze in batches.

CHILLI CON CARNE



EXTRA?

Reheat and serve with Mexican rice, soft tortillas or in enchiladas. It's also great in baked potatoes ...with grated cheddar, sour cream and jalapeños on the side.