

Fettuccine with tomato, sausage and fennel sauce

Serves 6 at home or 12 tastes in the classroom

Fresh from the garden tomatoes, fennel, red onions, garlic, parsley

To save time in the classroom, we rolled and cut pasta dough that had been made by the previous class, then prepared pasta dough for the next class.

Equipment

2 trays	frying pan with 4 cm sides
chopping board	wooden spoon
knives – 1 small, 1 large	slotted spoon
bowls – 1 medium, 1 large	very large saucepan
electric jug	grater
colander	serving bowls – 1 small, 1 large
tea towel	
metric measuring spoons	

Ingredients

2 quantities Basic Pasta Dough (page 79)	1 medium bulb fennel
plain (all-purpose) flour for dusting	1 red onion
6 ripe tomatoes, or 1 × 400 g can chopped tomatoes	2 cloves garlic
2 Italian-style pure pork sausages, or 300 g spiced halal lamb mince	15 stalks parsley
	¼ cup extra-virgin olive oil
	2 teaspoons fennel seeds
	salt
	freshly ground black pepper
	small wedge parmesan

What to do

✳️ Make the pasta as directed on page 79, but for this recipe, instead of using the second last setting on the pasta machine when rolling the dough (as instructed on page 79), stop after the third last setting. (Slightly thicker pasta sheets are better for making fettuccine.) To make fettuccine, pass the dough through the wider cutting blades of the pasta machine. Dust the trays with flour, lay the strands of fettuccine in a single layer on the trays and allow to dry for 10 minutes.

✳️ Set out the chopping board and knives. If using fresh tomatoes, cut out the stems and cut a cross on the bottom of each tomato. Place the fresh tomatoes in the large bowl and boil the electric jug.

👤👤 Place the colander in the sink. **Pour boiling water over the tomatoes and leave for a minute. Tip the tomatoes and boiling water into the colander and cool with cold water.**

✳️ Using your hands, peel off the tomato skins. Cut each tomato in half crossways, then squeeze gently to remove the seeds. Place the skins and seeds in the compost bucket. Roughly chop the tomato flesh and set aside in the large bowl until needed.

✳️ If using sausages, slit them open and peel off and discard the skins. Break the meat into olive-sized pieces and set aside. Pull off any damaged layers of fennel and add to the compost bucket. Slice the fennel and dice into small pieces. Peel and dice the onion. Peel and slice the garlic. Rinse the parsley, dry by rolling in the tea towel, then chop.

✳️ Heat half the oil in the frying pan over a high heat and add the sausage meat or the halal spiced meat, stirring with the wooden spoon. When the meat is well-browned, transfer it, using the slotted spoon, to the medium bowl, leaving all the oil in the pan. Reduce the heat to medium. Scatter the fennel seeds into the pan, stir for a few seconds, then add the onion, garlic and fennel and fry for 5 minutes. Add the chopped or canned tomatoes, along with their juice, and increase the heat so the mixture bubbles and reduces. Stir occasionally.

✳️ Once the tomatoes and fennel look 'saucy', return the meat to the pan and cook for 5 minutes. Taste for salt and pepper and set aside.

✳️ Fill the very large saucepan with salted water and bring to the boil. Drop in the fettuccine. Cook for 4–5 minutes (taste to check if it is al dente). Meanwhile, grate or shave about 4–6 tablespoons of parmesan and put it in the small serving bowl. Set the colander in the sink. **Tip the fettuccine and boiling water into the colander.**



✳️ Return the fettuccine to the empty hot saucepan. Drizzle over the rest of the oil, then add the hot sauce and chopped parsley and mix well. Tip into the large serving bowl and serve with the parmesan.

BOTTOM DRAWER

Interesting technique • peeling fresh tomatoes



Menu 17

Rocket, pear and
walnut salad

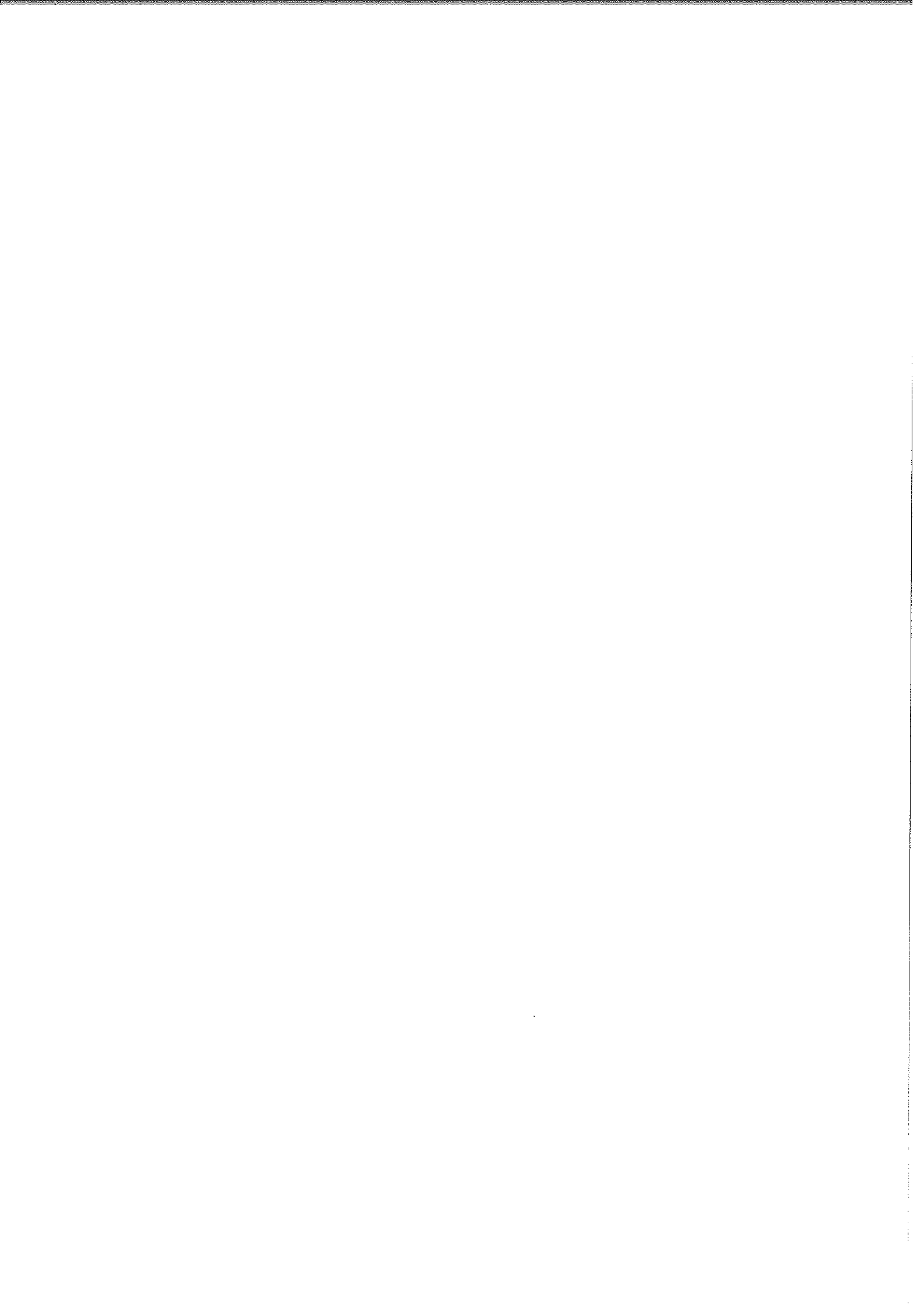
Fettuccine with
tomato, sausage and
fennel sauce

Potato cakes with
chive sour cream

Apple and
cinnamon muffins

*Rocket, pear
and walnut salad*
Rinse and dry a large
handful each of rocket
(arugula) leaves and cos
leaves (see Master Salad
Recipe on page 76 for
instructions). Peel, core
and slice 2 pears, and place
in a bowl with some lemon
juice. Sauté 12 walnut halves
in a frying pan with a little
oil. Make a dressing of
walnut oil and olive oil
(half/half) and a little white-
wine vinegar or verjuice.
Place the leaves in a salad
bowl, decorate with the
walnuts and pear slices,
and drizzle with the
dressing.





Master salad recipe

Serves 6 at home or 20 tastes in the classroom

Fresh from the garden salad leaves, herbs, garlic, lemons

At Collingwood, we always serve a salad with each menu. Many of the menus that follow already include a salad, but for those that don't, use this recipe and adjust the ingredients for taste, variety and seasonal availability.

Equipment

large bowl	lemon juicer
salad spinner	tablespoon
tea towel	metric measuring cups
kitchen paper	whisk
chopping board	tongs
knives – 1 small, 1 large	salad bowl
mortar and pestle	salad servers

Ingredients

- 4 cups mixed salad leaves
- 2 cups mixed small leaves and herbs (rocket leaves [arugula], beetroot leaves, baby spinach, sorrel, mizuna, parsley)

Classic vinaigrette dressing

- 1 clove garlic
- salt
- 1 lemon
- 1/3 cup extra-virgin olive oil
- freshly ground black pepper



What to do

- * Fill the large bowl with cold water, then tip all the leaves and herbs into the bowl to soak for a few minutes. Lift the leaves onto the draining-board of the sink and tear the stems away from the spinach leaves (or if the leaves are very small, just cut off any extra stems).
- * Empty out the water, rinse the bowl, then add fresh water and return the leaves to the bowl. Swish the leaves again in the clean water, then lift out a small handful and place in the salad spinner. Put yellow or slimy leaves in the compost bucket, then tear any ve large leaves into smaller pieces. Dry the leaves very gently in the spinner. Repeat this process, working in batches, until all the leaves have been dried.
- * Lay out a dry tea towel and line it with a long piece of kitchen paper. Spread the dried leaves over the paper and roll the whole lot up like a log. Keep the rolled parcel of leaves in the refrigerator until needed. Rinse and dry the bowl well.
- * To make the classic vinaigrette dressing, set out the chopping board and knives. Peel and chop the garlic. Place it in the mortar with a pinch of salt, then pound to a paste using the pestle. Juice the lemon and add the juice to the mortar, then stir the lot with the tablespoon and scrape it into the large bowl. Stir in the oil and add some pepper, then whisk the dressing lightly.
- * Unwrap the parcel of salad leaves and tip them into the bowl with the dressing. Gently turn the leaves in the dressing using the tongs or your hands.
- * Use the salad servers to transfer the salad to the salad bowl, then serve immediately.



Potato cakes with chive sour cream

Makes 10 potato cakes

Fresh from the garden potatoes, chives, onions

These potato cakes are very similar to 'hash browns'. On another occasion you could add a second grated vegetable to the mixing bowl after the potato gratings have been squeezed. Try one-third sweet potato, parsnip or celeriac to two-thirds potato.

Equipment

baking tray	2 tea towels
kitchen paper	small serving bowl
peeler	metric measuring cups
chopping board	wooden spoon
knives – 1 small, 1 large	non-stick 24 cm frying pan
grater	tablespoon
bowls – 1 medium, 1 large	egg lifter
scales	serving plate
small saucepan	

Ingredients

- 5 medium potatoes
- 80 g butter
- 10 chives
- ½ onion
- salt
- freshly ground black pepper
- 2 teaspoons cornflour (cornstarch)
- ¼ cup extra-virgin olive oil
- ¼ cup sour cream

M DRAWER

- interesting terms/techniques • squeezing liquid
- from an ingredient using a cloth • working in batches

Question Why do we keep the potatoes in water?

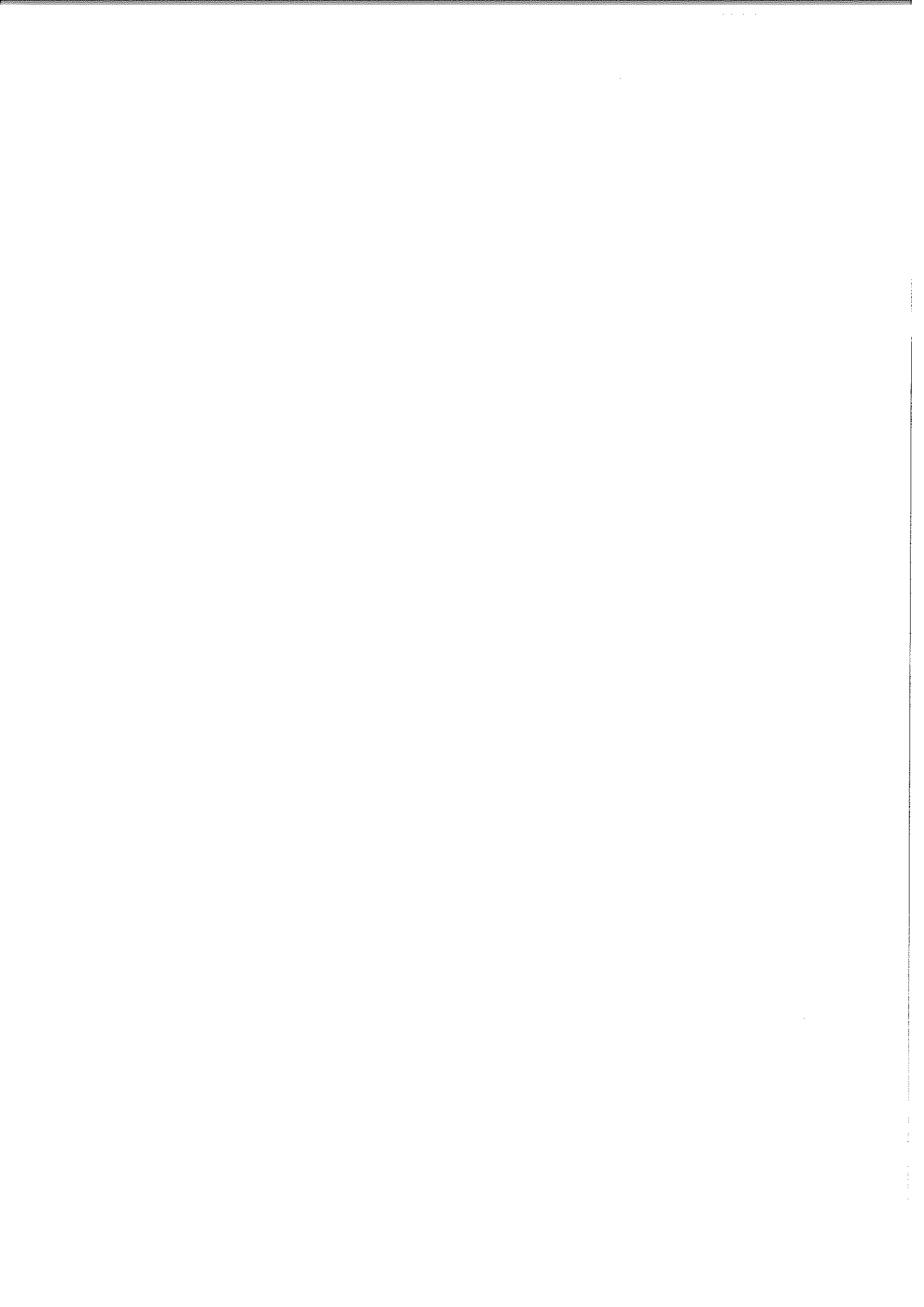
Answer To prevent them turning a brownish colour



What to do

- * Preheat the oven to 120°C. Line a baking tray with kitchen paper and place it in the oven to warm.
- * Set out the peeler, chopping board, knives and grater. Peel the potatoes and place in a large bowl of cold water. Weigh the butter and melt it in the small saucepan. Set aside for later. Rinse the chives, dry by rolling in a tea towel, then chop and put into the small serving bowl. Peel and grate the onion and put into the medium bowl. Remove one potato at a time from the water, dry well on the tea towel used to dry the chives, and grate using the largest hole of the grater. (Your food processor may have a grating attachment, which will make this task much easier.)
- * Add the grated potato to the grated onion. Tip the grated vegetables into the second tea towel, then squeeze the tea towel over the sink to remove the excess liquid. **An easy way to do this is to ask someone to twist the tea towel at one end, while you twist the other end in the opposite direction – this will squeeze the water out.**
- * Wash and dry the large bowl that the potatoes were in. Pour the melted butter into this bowl, then add the grated vegetables. Season with salt and pepper. Add the cornflour and half of the chopped chives and stir all the ingredients with the wooden spoon.
- * Grease the frying pan with a thin film of the oil and place the pan over a medium heat. Make a potato cake by spooning a few tablespoons of the mixture into the frying pan. (Each cake should be about 8 cm in diameter.) Cook for 3 minutes, then turn over, using the egg lifter, and cook for a further 3 minutes. When the potato cake is done, transfer it to the warm, paper-lined tray in the oven. Add a few drops more oil if the pan looks completely dry and continue cooking in batches until you have used all the mixture.
- * Add the sour cream to the remaining chives and stir to combine. Arrange the potato cakes on the serving plate and place the bowl of chive sour cream in the centre.







Basic Pasta: Fettuccine

Season: All
Type: Basics
Difficulty: Easy

Serves: 30 tastes in the classroom
or 6 adult serves

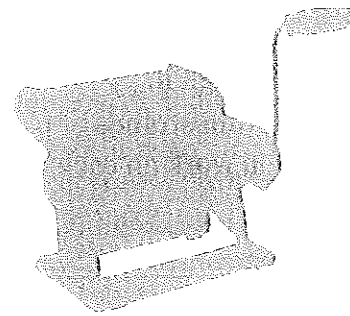
Recipe Source: Stephanie Alexander's *Kitchen Garden*
Cooking with Kids (Penguin Lantern 2006)

Equipment:

pasta machine
food processor
metric measuring scales and
spoons
small bowl
plastic wrap
large knife
clean tea towels
pastry brush

Ingredients:

400 g plain (all purpose) flour
2 teaspoons salt
4 eggs



What to do:

- Fix the pasta machine to a suitable bench, screwing the clamp very tightly.
- Set up the food processor.
- Weigh the flour, then combine it with the salt in the bowl of the food processor. Turn the motor on, crack the eggs into a small bowl, then add them to the food processor.
- Process for a few minutes until the dough clings together and feels quite springy.
- Tip the dough onto a clean, dry workbench. Knead the dough for a few minutes. Wrap it in plastic wrap and let it rest for 1 hour at room temperature.

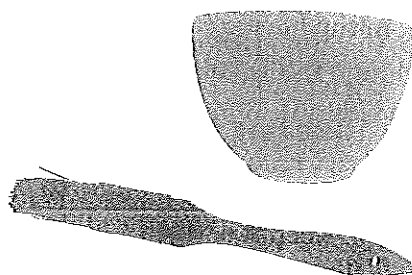
To roll the dough:

- Clear a large space on the workbench alongside the pasta machine. Make sure all surfaces are clean and dry. You can cover them with clean tea towels.
- Unwrap the cold dough and cut it into 6 pieces. Keep one piece out and fold the others back in the plastic wrap to stay moist.
- Shape the dough into a round ball and press it down on the board to flatten it. Fold in both sides, in rough thirds, to make a rectangle about 8 cm wide with folded sides.
- Set the rollers on the pasta machine to the widest setting and pass the folded dough through. Keep it aligned so that the folds run vertically up the rectangle as you pass it through.



Basic Pasta: Fettuccine continued

- The dough will probably look a bit ragged at this stage, but you should have a longer rectangle. With the long side of the rectangle nearest you, fold left and right sides in again, in thirds, to form a shorter, fatter rectangle. Again, place it with the folds running vertically up the piece of dough and roll it through the rollers. Do this 3–4 times, folding long sides into the centre each time.
- Change the machine roller setting to the next-thickest setting and pass the dough through another 3–4 times. You do not need to fold it.
- If the dough starts to stick, sprinkle a pinch of flour onto your hands and smooth it onto the strips of dough. Be very sparing with flour.
- Continue changing the settings and passing the lengths of dough through until the dough has passed through the second thinnest setting. Don't fold it again after the first (thickest) step. You probably won't use the very thinnest setting, as the dough gets too fine and is hard to manage without ripping.
- If the dough gets too long to handle comfortably, cut it into 2–3 pieces using the large knife, and then continue to roll each piece separately.
- For fettuccine, you will need to use a knife to hand-cut the pasta sheets into thick strands. Lay the sheets out and carefully, but quickly, run the knife down each sheet. Fettuccine means 'little ribbons', so the strands should be about 1–1.5 cm wide.
- Let your pasta dry on the tea towels while you work on each of the remaining 5 pieces of dough. If you need to pile up layers, make sure you place a clean tea towel between any layers of pasta sheets, or they might turn into a sticky mass!
- Clean the pasta machine by brushing it with a dry, wide pastry brush. Tip it upside down to get out any dried bits of pasta. **Never** wash your pasta machine with water as the rollers will rust.





Indian Flatbread

Season: All
 Type: Breads
 Difficulty: Easy

Serves: Makes 32 small flatbreads

Recipe Source: Foster Primary School

Flatbreads generally include leavened bread, such as pita, or unleavened, such as mountain bread. Both types are common throughout the Middle-East and beyond, and are popularly used as wraps as well as toasted for salads, dips and sauces. In an Indian village the 'fat' would have been butter made from buffalo milk.

Note: You will shape and bake your own bread, then make a batch of dough to rise for the next class.

Equipment:

To cook the bread:

- 2 baking trays
- 2 heavy-based frying pans
- rolling pin
- spatula or egg flipper
- tongs

For the dough:

- metric measuring spoons and scales
- bowls – 1 small, 1 large
- mixer with large bowl and dough hook attachment
- clean tea towel

Ingredients:

To cook the bread:

- flour for dusting the workbench

For the dough:

- 2 teaspoons sea salt
- 2 cups lukewarm water
- 5 tablespoons extra virgin olive oil
- 1 kg plain flour, plus a little extra for dusting



What to do:

- You will form your breads using the dough made for you by the previous class. At the end, you will make the dough for the class following you.
- Preheat the oven to 120°C and place the baking trays in the oven.
- Tip out the dough and divide it into 32 even pieces, each the size of a small egg. What do you think the best method is to divide the dough?
- Do not play with or knead the dough – if you do your bread will be tough to eat!
- Dust the workbench with some flour.
- Flatten a piece of dough (using the heel of your hand) into a round shape and use the rolling pin to roll it out thinly, to about 10 cm in diameter.
- While the dough is being shaped, heat both frying pans until hot.



- Place a disk of rolled-out dough into a hot, dry pan and cook for 3 minutes. Flip it over with your spatula and cook for a further 3 minutes. You should be able to cook a few at a time.
- As the flatbreads cook they will develop a few bubbles and brown splotches. This shows they are done.
- Using tongs, transfer the cooked flatbreads to one of the warm baking trays and return them to the warm oven until we are ready to eat.

To make the dough:

- In the small bowl, dissolve the salt in the water. Add the oil.
- Place the flour in the large bowl of the mixer. Attach the dough hook.
- With the motor running, trickle in the oil, salt and water mixture. Mix for about 8 minutes or until the dough looks smooth.
- Tip the dough into a large bowl and cover with a dry tea towel.
- Leave to rest for the next class.

