

Session 5

Vegetarian

Italian Food

Appetizers

Easy Minestrone Soup – Fabio

- 3 Tbsp. Olive Oil
- 1 Cup white onion, diced
- 1/2 cup red onion chopped
- 3 cloves garlic
- 1 Cup carrots, diced
- 1 Cup celery, diced
- 1 Cup fennel, diced
- 1 Cup red potatoes, diced
- 1 Cup zucchini, diced
- 1 Cup + leafy greens, chopped
- 4 Cups vegetable stock
- 1 Cup marinara sauce
- 1/2 oz. parmesan cheese
- 1 Cup cooked pasta
- 1 Cup cooked cannellini beans

Directions

1. In pot, combine and sauté: 3 Tbsp. olive oil, 1 Cup white onion 1/2 Cup red onion, and let caramelize.
2. Add 3 cloves garlic, finely chopped, 1 c. carrots, 1 cup celery and 1 cup diced fennel in the pot and stir.
3. Add 1 cup diced red potatoes. While potatoes cook, add 1 cup diced zucchini and chopped leafy greens.
4. Add 4 c. vegetable stock, and 1 cup of marinara sauce.
5. Add 1/2 oz. of Parmesan cheese and let cook for 15 minutes.
6. Add 1 cup cooked pasta and 1 cup cooked cannellini beans.
7. Serve.

Coleslaw with Italian Dressing

- 1 sm. head cabbage (about 1 1/4 lbs.)
- 6 tbsp. olive oil
- 1/4 tsp. oregano
- 1/4 tsp. celery salt
- 1 sm. clove garlic
- 2 tbsp. white wine vinegar
- 1/4 tsp. crushed fennel seeds
- Salt & black pepper

Directions

Cut away the coarse outer leaves of cabbage. Remove the core and finely shred the cabbage into a serving bowl. Mince the garlic and put it with all the other ingredients into a screw top jar and shake vigorously. Pour over the cabbage and toss.

Chunky Gazpacho – Italian Style

- 2 small garlic cloves, peeled
- 8 scallions
- 2 celery stalks
- 1 medium bell pepper
- 4 tomatoes
- 4 cups tomato or V-8 juice
- 2 medium cucumbers
- 4 tablespoons lemon juice
- 2 teaspoons salt
- 1/2 teaspoon black pepper
- Italian Seasoning to taste

Directions

1. Trim scallions and celery and cut into 1-inch pieces. Quarter and seed bell pepper and tomatoes. Peel cucumber and cut in half lengthwise. Remove seeds and cut to fit feed tube vertically.
2. Use metal blade to process garlic until finely chopped. Add scallion, celery and bell pepper. Pulse/chop to medium chop. Put in large mixing bowl.
3. Pulse/chop 1/2 the tomatoes until coarsely chopped. Add to mixing bowl.
4. Purée remaining tomatoes until smooth, about 1 minute. With machine running, pour in 1/2 cup of Tabasco® tomato juice. Add to mixing bowl with remaining tomato juice and stir.
5. Insert slicing disc, stand cucumber pieces upright in feed tube and slice, using light pressure. Add to mixing bowl with remaining ingredients and stir to combine.
6. Cover and chill before serving

<http://www.cuisinart.com/recipes/appetizers/325.html#sthash.5LwCsMBc.dpuf>

Easy Summer Gazpacho

"An easy gazpacho recipe that begins with a jar of Classico® Tomato & Basil Sauce. The fresh taste of the sauce shines through with the addition of fresh cucumber, bell peppers, tomatoes, and basil. Customize the level of heat with the hot sauce--cold soup for hot weather!"

- 1 (24 ounce) jar Classico® Tomato and Basil Sauce
- 24 ounces water
- 3 tablespoons fresh lemon juice
- 2 tablespoons granulated sugar
- Hot pepper sauce, to taste
- 1 tablespoon extra-virgin olive oil
- 1 medium fresh tomato, chopped
- 1/2 cup chopped red bell pepper
- 1/2 cup chopped yellow bell pepper
- 1/4 cup diced red onion
- 1 1/2 cups diced English cucumber
- 1/4 cup chopped fresh basil
- Salt and freshly ground black pepper, to taste
- Fresh chopped parsley, for garnish

Directions:

1. Combine tomato and basil sauce, water, lemon juice, sugar, hot sauce, and olive oil in a large bowl. Stir in the tomato, red and yellow bell pepper, red onion, and cucumber. Add the basil, salt, and pepper.
2. Cover and refrigerate 2 to 3 hours to blend flavors.
3. Stir before serving. Top with fresh chopped parsley.

Vegan Garlic Herb Avocado Cashew Cream Cheese

- ½ cup raw cashews
- 1 cup water
- 1 medium avocado
- ¼ cup lemon juice
- ½ teaspoon Italian seasoning
- ¼ teaspoon granulated garlic or 1 minced clove
- salt, to taste

Directions

1. Soak the cashew in the water overnight or at least 2 hours.
2. Drain off any left over water that was not absorbed by the cashews. Add the drained cashews, avocado, lemon juice, Italian seasonings and garlic into a blender.
3. Blend until smooth, stop and scrape down the sides and repeat until the mixture is smooth.



Stovetop Polenta

Makes about 4 cups

- 2 Tbsp. Oil
- Garlic (4 + cloves, diced)
- 3-4 cups water
- 1 tsp. salt
- 1 cup polenta or yellow cornmeal
- 1 cup cheese (JL: optional, Luzimar does not use cheese)
- 1 to 3 Tbsp. butter (JL: Optional Luzimar does not use)

Directions

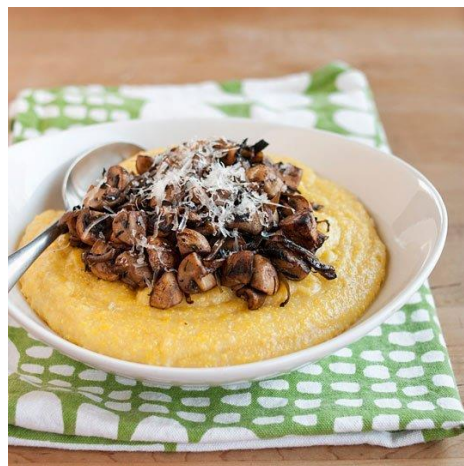
1. Place oil in pan and garlic in pan, and sauté garlic until brown.
2. Add water and bring to a brisk boil over medium-high heat. Add the salt.
3. Pour the polenta into the boiling water. While whisking gently, pour the polenta into the boiling water in a steady stream.
4. Continue whisking until polenta is thickened. Turn down the heat to low and continue whisking until the polenta has thickened enough that it doesn't settle back on the bottom of the pan when you stop stirring.
5. Cook the polenta 15 to 40 minutes depending on consistency and taste desired. If cooking longer, cover the polenta and continue cooking. Stir vigorously every 10 minutes or so, making sure to scrape the sides, bottom, and corners of the pan. Cook 30 minutes for softer porridge-like polenta or 40 minutes for thicker polenta.
6. Stir in cheese and butter, if using. Stir the cheese and butter into the polenta, if using. Serve immediately, or cover the pan and let it sit at the back of the stove for up to 15 minutes before serving.

Additional Notes:

Leftover Polenta: Polenta will solidify into the shape of the container in which you store it. Leftover polenta can be sliced or cubed before being roasted, grilled, or deep-fried. To make it creamy again, warm it with a little broth, milk, or water, and stir vigorously. It won't be quite as creamy as it was originally, but it should still be pourable.

You may also layer polenta in glass pan, alternating polenta with mozzarella cheese.

Session Tested!



Entrees

Tomato-Cream Sauce for Pasta

Servings: 5

- 2 to 4 Tbsp. olive oil
- 1-1/2 onions, diced
- 4 cloves garlic, minced
- 1 (28 ounce) can Italian-style diced tomatoes, undrained (JL: I drain most of the liquid and add if needed)
- 6 oz. can of tomato paste (JL)
- 1 to 2 Tbsp. dried basil leaves
- 1 tsp. white sugar (JL: omit)
- 1/2 tsp. dried oregano
- 1/2 tsp. salt
- 1/4 tsp ground black pepper
- 1/2 to 1 cup heavy cream (JL: or Half and Half or thick Coconut Milk)
- 1 to 2 Tbsp. butter

Directions:

In a saucepan, sauté onion and garlic in olive oil over medium heat. Make sure it doesn't burn. Add tomatoes, basil, sugar, oregano, salt and pepper. Bring to boil and continue to boil 5 minutes or until most of the liquid evaporates. Remove from heat; stir in whipping cream and butter. Reduce heat and simmer 5 more minutes.

Notes:

- Use more garlic than called for and always run the whole thing through the blender to smooth the sauce.
- Recipe may be doubled or halved.

Session Tested!



Vegan Bolognese Sauce

- 1-1/2 cups lentils, rinsed (JL: 1 cup)
- 3 cups water (JL: 4 cups)
- 1 Tbsp. vegetable oil
- 1 large yellow onion, diced
- 2 bell peppers, diced (JL: Celery 2 stalks, diced)
- 2 carrots diced (JL addition)
- 4 cloves garlic, minced
- 3 Tbs. tomato paste (JL: 6oz can)
- 2 Tbs. vegan, gluten-free Worcestershire sauce
- 28 oz. diced tomatoes, drained
- 1 tsp. ground fennel (optional)
- 1 tsp. dried oregano (or Italian seasoning mix to taste)
- 1 tsp. paprika
- A pinch of red pepper flakes (optional)
- Kosher salt and black pepper, to taste, fresh basil leaves, for garnish



Directions

1. Add the lentils and water to a medium saucepan. Bring to a boil and then reduce the heat to a simmer. Let the lentils cook until the water is absorbed and the lentils are soft and mash able. About 30-35 minutes.
2. Drain the lentils in a colander to remove any excess water. Using a potato masher, mash the lentils until there are just a few left intact.
3. Heat the oil in a large saucepan (that has a lid) over medium-high heat.
4. Add the mashed lentils to the pan and cook them until they are browned, about 5 minutes. Use a wooden spoon to break them up and toss them around the pan. Use olive oil to prevent scorching.
5. When the lentils are browned, add the onions, peppers and garlic to the pan and toss to mix with the lentils. Cook about 5 minutes until the veggies have softened.
6. Mix in the tomato paste and the Worcestershire sauce. Make sure all the veggies are coated and that the tomato paste smells fragrant.
7. Add in the diced tomatoes, fennel, oregano, paprika, and red pepper flakes. Stir everything, cover the pot and let cook.
8. Pasta: When the water for the pasta is at a rolling boil, add a handful of salt to the pot.
9. Add the pasta, stir it with tongs, and bring the water back to a boil. Cook the pasta until it is al dente. Reserve a cup of the starchy cooking water. Drain the pasta. Add the starchy cooking water to the sauce, ¼ cup at a time, until you have the consistency you want. Bolognese sauce should be pretty thick.
10. Stir the sauce and let it continue to cook for another 5 minutes. Add salt and pepper to taste.
11. Serve the Bolognese sauce over the pasta.
12. Garnish with torn basil leaves and vegan parmesan.

Session Tested! (Follow JL additions)

Fresh Tomato Spaghetti Sauce (Kay Mercado)

- 4 Lbs. fresh tomatoes, peeled, chopped, deseeded
- 1 large onion, chopped
- 4 cloves garlic (or more to taste)
- 1/4 cup fresh basil chopped
- 1 to 2 Tbsp. olive oil
- 1 tsp. Italian seasoning (or more to taste)
- Salt (to taste)

Directions

1. Heat olive oil over medium heat in a large iron skillet or heavy sauce pan.
2. Add onion and cook for a few minutes then add garlic and basil. Cook for a few minutes until onion is tender.
3. Add tomatoes and seasonings; bring to a soft boil and then reduce heat and simmer uncovered for 2 hours.

Basic Spicy Tomato Sauce

- 2 tablespoons extra-virgin olive oil
- 1 cup finely diced onion
- 4 cloves garlic, chopped
- 1 (28 ounce) can crushed peeled Italian plum tomatoes
- 2 teaspoons crushed red pepper flakes (optional)
- 2 teaspoons Italian seasoning
- salt to taste

Directions

1. Heat the olive oil in a large skillet over medium-high heat.
2. Sauté the onion in the oil until translucent.
3. Add the garlic and stir for 2 to 3 minutes.
4. Add the tomatoes, red pepper flakes, and Italian seasoning. Season with salt.
5. Cook until completely heated, another 2 to 3 minutes.
6. Add cooked (but not drained) pasta.
7. Serve.

Notes:

- For bolder flavor, add a pinch of sugar, 1 Tbsp. tomato paste (for thickness) and a tiny bit of vegetable bouillon cube.
- JL: For a creamier texture and flavor, add 1/4 cup of half & half or cream.
- JL: I recommend a sofrito or holy trinity of finely diced onion, celery, and carrots (ratio of 2:1:1), sautéed in butter and/or olive oil. In French cuisine, it is called a mirepoix. In American kitchens, we call it the holy trinity, no offense intended. You may substitute bell pepper for the carrots or celery. JL's sofrito is one large onion, two medium carrots, two celery stalks, all finely diced.
- JL: For a "Bolognese" touch, in addition to the sofrito add two cups of cooked lentils, partially smashed.
- JL: If you don't drain the tomatoes, add 6oz of tomato paste.

Pasta with Lentil Bolognese

- 2 tablespoons extra-virgin olive oil
- 1/2 small onion, chopped
- 1 small carrot, grated
- 1 stalk celery, finely chopped
- 4 to 8 garlic cloves, minced
- 1 1/2 teaspoons tomato paste
- 2 (16-ounce) cans whole peeled plum tomatoes, drained and roughly chopped (juice reserved)
- 1 1/4 cups dried French green lentils
- Coarse sea or kosher salt and freshly ground black pepper to taste
- 1 pound shaped pasta, such as cavatappi, rigatoni, or ziti
- Pecorino cheese, grated or shaved
- Fresh basil, chopped (optional)
- 1 Cup mushroom slices (optional)
- Italian seasoning to taste
- 1/4 cup half and half (optional)
- 1 Cup water or vegetable broth
- Salt and pepper to taste

Directions

1. In a large pot over medium heat, warm the olive oil. Add the onion, carrot, celery, and garlic and cook slowly until the vegetables soften and turn golden, about 20 minutes.
2. Increase heat to medium-high and add the tomato paste. Cook until the mixture dries out a bit, about 3 minutes. Pour in the reserved juice from the tomatoes and cook, scraping the browned bits from the bottom of the pan, until the liquid has reduced by half, 1 to 2 minutes.
3. Stir in the lentils, tomatoes, and 1 cup water or broth. Bring to a boil, and then reduce heat. Season with the salt and pepper and simmer until the lentils are tender, 30 minutes to 1 hour, depending on the lentils. (If the sauce begins to dry out, add additional water as needed.) Reduce heat to low and keep warm.
4. Cook the pasta according to the package directions; drain. Serve with the lentil sauce, sprinkle with the pecorino, and garnish with the basil, if desired.

Tip:

Like most dried legumes, lentils will last about a year when stored properly: Place them in an airtight container in a cool, dry spot. Cooked lentils will keep for up to 5 days in the refrigerator.

<http://www.epicurious.com/recipes/food/views/Pasta-with-Lentil-Bolognese-2391722>

Pasta with Lentil Bolognese

- 2 tablespoons extra-virgin olive oil
- 1/2 small onion, chopped
- 1 small carrot, grated
- 1 stalk celery, finely chopped
- 4 to 8 garlic cloves, minced
- 1 1/2 teaspoons tomato paste
- 2 (16-ounce) cans whole peeled plum tomatoes, drained and roughly chopped (juice reserved)
- 1 1/4 cups dried French green lentils
- Coarse sea or kosher salt and freshly ground black pepper to taste
- 1 pound shaped pasta, such as cavatappi, rigatoni, or ziti
- Pecorino cheese, grated or shaved
- Fresh basil, chopped (optional)
- 1 Cup mushroom slices (optional)
- Italian seasoning to taste
- 1/4 cup half and half (optional)
- 1 Cup water or vegetable broth
- Salt and pepper to taste

Directions

5. In a large pot over medium heat, warm the olive oil. Add the onion, carrot, celery, and garlic and cook slowly until the vegetables soften and turn golden, about 20 minutes.
6. Increase heat to medium-high and add the tomato paste. Cook until the mixture dries out a bit, about 3 minutes. Pour in the reserved juice from the tomatoes and cook, scraping the browned bits from the bottom of the pan, until the liquid has reduced by half, 1 to 2 minutes.
7. Stir in the lentils, tomatoes, and 1 cup water or broth. Bring to a boil, and then reduce heat. Season with the salt and pepper and simmer until the lentils are tender, 30 minutes to 1 hour, depending on the lentils. (If the sauce begins to dry out, add additional water as needed.) Reduce heat to low and keep warm.
8. Cook the pasta according to the package directions; drain. Serve with the lentil sauce, sprinkle with the pecorino, and garnish with the basil, if desired.

Tip:

Like most dried legumes, lentils will last about a year when stored properly: Place them in an airtight container in a cool, dry spot. Cooked lentils will keep for up to 5 days in the refrigerator.

<http://www.epicurious.com/recipes/food/views/Pasta-with-Lentil-Bolognese-2391722>

One Pot Pasta Dinner

In just 20 minutes, and with only one pot to clean, you can have a family-dinner-size pasta dish. Serves 6 to 8

- 3 Tbsp. extra-virgin olive oil
- 4 garlic cloves (or more to taste), chopped
- 1 small onion, diced
- 1 (28-ounce) can diced tomatoes or 3 1/2 cups chopped, fresh tomatoes with their juices
- 1 bunch kale, ribs removed, chopped
- 2 sprigs fresh basil, chopped, plus a few whole leaves for garnish
- 1 pound whole grain (brown rice or whole wheat) pasta
- Salt
- About 4 cups water
- 1/4 cup grated Parmesan cheese
- Red pepper flakes (optional)



Directions

1. Heat a large, heavy-bottomed pot over high heat. Drizzle in the olive oil. When it's hot, add the garlic and let it get nice and golden (this color adds lots of flavor); it will only take about 30 seconds.
2. Add the onion and cook until the onion is translucent, 3 to 4 minutes. Add the tomatoes, kale, basil, pasta, salt and 4 cups water. Bring the mixture to a boil while stirring, then reduce the heat to a simmer.
3. Cook the whole thing for the amount of time suggested on the pasta package, giving it an energetic stir every few minutes. If it starts to look too dry, add a slosh more water (about 1/2 cup at a time). Once the pasta is al-dente, fold in the Parmesan. Taste! Does it need some red pepper flakes? A pinch of salt? Top with the fresh basil, maybe a shower of Parmesan. Enjoy!
4. Al dente means that the pasta still has a little chew to it. However, if you prefer mushy, make it mushy. It's your dinner!

When the pasta is al dente (tender but not mushy), turn off the heat. The water will have all been absorbed, so there's no need to drain it. Fold in grated Parmesan; because while people may want to add cheese to their own portions, a quarter-cup, or so, stirred into the entire dish gives it a touch of creaminess, and probably eliminates the need for you to add salt. Finally, top the pasta with a few sprigs of fresh basil and enjoy.

Vegetable Lasagna — No Pasta

- 1 jar strained tomatoes (28 ounces)
- 1 onion
- 2 garlic cloves
- ½ tsp red pepper flakes
- ½ tsp salt
- 1 Tbsp. olive oil
- 1 egg
- 1 container of ricotta cheese (15 ounces)
- 1 Tbsp. dried Italian herbs or ¼ cup fresh basil chopped
- ½ cup shredded raw parmesan
- ½ cup goat mozzarella or other raw cheese
- 1 large zucchini sliced long into ½ pieces
- 1 large yellow squash sliced long into ½ pieces
- 4 cups of baby kale, spinach or other dark leafy greens

Directions

1. Preheat oven to 375F.
2. For the tomato sauce (skip if using processed tomato sauce), start by sautéing onions in olive oil for 5 minutes
3. Once onions are cooked tender, add garlic and sauté 2 more minutes
4. Add tomatoes, red pepper, and salt and bring to a boil, then reduce to simmer
5. Allow tomatoes to cook for at least 10 minutes
6. In a bowl combine egg, ricotta cheese and herbs and stir well
7. Place a layer of the cooked tomato sauce on the bottom of a large baking dish
8. Layer zucchini on top of tomato sauce
9. Spread ½ ricotta mixture on top of zucchini
10. Layer with more tomato sauce
11. Layer squash to top of tomato sauce
12. Spread ½ ricotta mixture on top of squash
13. Layer greens on top of squash
14. Top with remaining sauce, shredded cheese and bake covered for 30-40 minutes until bubbly and cheese is slightly browned
15. Allow lasagna to rest for 10 minutes before serving.

Zucchini "Noodles" with Basil Pesto

Just like pasta, don't overdress the noodles! Just a light coating of pesto is what you want.

- 5 medium zucchini
- 2 ounces parmesan cheese, cut into chunks
- 1 small clove of garlic
- salt and pepper
- pinch of red hot chili pepper (optional)
- 1 cup of slightly packed fresh basil leaves
- ¼ cup olive oil

Directions

1. Using the Spiralizer, make noodles out of the zucchini. In a food processor, add the cheese, garlic, a pinch each of salt, pepper and chili pepper. Pulse until fine. Add the basil leaves and pulse. Pour the olive oil into the feed tube slowly and pulse.
2. Place the zucchini noodles in a large serving bowl. Add the pesto and toss until all the noodles are coated. Don't overdress the noodles. It will take a couple of minutes to get the noodles all coated - just keep tossing. If the pesto is a little too thick, you can add a little bit more of oil or a little bit of water, but don't overdo it. Serve immediately - you don't want it to sit too long.

The Italian Dish — theitaliandishblog.com

Marinated Zucchini & Tomato Lasagna with Cashew Herb Cheese

For the Lasagna

- 1 zucchini
- 5 tomatoes
- Olive oil, Himalayan salt, black pepper and coriander
- 1 cup spinach leaves

For the Cashew Herb Cheese

- 1 cup cashews
- 1 teaspoon lemon juice
- 1 teaspoon dried dill
- 1/4 cup water (more or less, as needed)
- Dash of turmeric, paprika and coriander
- 1/2 teaspoon Himalayan salt
- 1 garlic clove

Directions

1. To marinate the zucchini and tomatoes: slice the zucchini into thin strips on a mandolin, and chop the tomatoes. Rub them in oil and spices and put in the dehydrator for 1-3 hours, or in the oven at the lowest temperature.
2. To make the cheese: blend everything until smooth and very thick.
3. To assemble: layer slices of tomato, zucchini and spinach with cheese. Sprinkle with cilantro and coriander. Chomp.

Jack's Pasta

For each egg, use 3/4 cups of flour. The following ingredient list is one portion or serving. It is strongly recommended to not add salt to the pasta dough. Boil the pasta in salted water. This goes for all pasta recipes, whether they call for salt or not.

- 1 Egg
- 3/4 Cup all-purpose flour or "Tipo 00" flour

Directions

1. In bowl, mixer, or food processor, combine egg and flour. Mix until shaggy.
2. Dump on pastry board or counter and knead. Add 1/2 to 1 teaspoon of water as needed so that egg and flour come together.
3. Knead until elastic, almost like silly putty. It will not be like bread dough. Add water if necessary. You should achieve a firm, stiff, slightly sticky dough that does not stick to your hands or pastry board.
4. Place in sealable plastic bag or wrap with plastic wrap. Set aside for 30 minutes.
5. Cut into portions depending on eggs used. 1 egg equals one portion.
6. Roll out each portion with rolling pin so that it will pass through thickest setting on pasta maker. Flour each piece liberally.
7. Run each portion through pasta maker on thickest setting. Fold into thirds and run through pasta maker open end first. Repeat several times. Keep pasta well-floured.
8. Adjust pasta maker to next thinner setting (or jump 1, for example setting 7 to 5). Run all portions through pasta maker.
9. Repeat at next or next – 1 setting. Repeat until you reach the desired thickness.
10. Cut each piece approximately 10" long. Run through pasta roller cutter.
11. To cook, place in salted boiling water for 2 to 2-1/2 minutes depending on pasta thickness.
12. Drain, but NEVER rinse.
13. Add to sauce. Serve.

Variations

You may add spinach (cooked and pureed), tomato sauce, basil, other herbs to the dough. For instance with spinach, I use approximately 1 to 2 ounces per portion and use less flour initially. I combine the egg and less flour and mix well into a slurry. I add the cooked, pureed, drained spinach, and then additional flour as needed.

Basic Pasta Maker Recipe

- 2 cups all-purpose flour
- 1 tsp salt
- 2 eggs
- 1 tsp olive oil
- 4 Tbsp. water (use as needed)

Traditional Pasta Dough

- 2 cups all-purpose flour, sifted
- 1 cup semolina flour, sifted
- 1 tsp salt
- 3 eggs plus 3 additional egg yolks
- 2 Tbsp. olive oil
- 1/2 cup water (use as needed)

Directions

1. Form a mound with the flour and salt. Make a well in the center of the mound.
2. Add the eggs and oil (depending on the recipe used) into the well. Using a fork or bench scraper, mix the dry and liquid ingredients by dragging the dry ingredients into the center. Keep doing this until you have formed a sticky dough ball. Add water as needed, the dough should have a soft texture. It should feel moist, but not stick to your fingers.
3. On a floured surface, knead the dough ball by pushing down with the heel of your hand then give the dough a quarter turn. Repeat this until the dough is smooth, elastic, even in color and no longer sticky.
4. Set the dough aside to rest for 15-30 minutes. While resting, wrap it in cellophane wrap or cover it with a damp towel (or paper towel) to keep it from drying out.

Fresh Pasta - Fabio

- 4 Eggs
- Pinch salt
- Olive Oil
- 1-1/2 Cups all-purpose flour (approximate)

Directions

1. Combine 4 eggs, a pinch of salt, fresh pepper, a touch of extra virgin olive oil and 8 heaping tablespoons of flour in a food processor. Pulse briefly, and then add 2 more tablespoons of flour. Pulse again and add 2 final tablespoons of flour. Adjust flour depending on dough consistency.
2. Mix until a ball of dough is formed. Roll out dough and cut into your desired pasta shape. Enjoy!
3. To cook, boil in salted water for 1 to 2 minutes.

Note: 1 egg per person...Fabio uses soup tablespoon, not measuring tablespoon

Fresh Pasta - Williams and Sonoma

The recipe below yields 1 lb. pasta dough.

- 2 1/2 cups unbleached all-purpose or “00” flour (see note above), plus more as needed
- 1/4 tsp. fine sea salt
- 4 eggs, at room temperature
- 2 tsp. olive oil

Directions:

1. To make the dough by hand, measure the flour onto a work surface, mix in the salt and shape the flour into a mound. Using your fingertips, make a well in the center. Break the eggs into the center of the well and add the olive oil. Using a fork, beat until the eggs and oil are blended, making sure the liquid does not breach the walls of the well.
2. Using the fork, gradually draw the flour from the sides of the well into the egg mixture and beat gently, always in the same direction, to combine the flour with the liquid. Secure the wall of the well with your other hand until the liquid has absorbed enough flour that it will not flow over the wall.
3. When the mixture is too stiff to use the fork, begin using both hands, gradually drawing in the flour from the bottom of the wall, until you have a soft, moist, but not sticky ball of dough. If the dough will not absorb more flour without becoming stiff, do not use it all. If it is too soft, add more flour, a spoonful at a time. Clean the work surface, dust it lightly with flour and flatten the ball of dough into a disk.
4. To make the dough with a food processor, fit a food processor with the metal blade. Add all but 1/2 cup of the flour and the salt to the work bowl and pulse to mix. You will use the reserved 1/2 cup flour later to adjust the consistency of the dough.
5. Crack the eggs into a liquid measuring cup and remove any stray shells. Add the olive oil; there is no need to stir. Pour the eggs and oil into the work bowl. Process until the flour is evenly moistened and crumbly, about 10 seconds. Test the dough by pinching it; if it is very sticky, add more flour, 1 Tbs. at a time, processing until it is incorporated. After about 30 seconds total, the dough should come together in a loose ball and feel moist but not sticky.
6. Dust a clean work surface with flour. Remove the ball of dough from the food processor and place it in the center of the floured surface. Using your hands, flatten the dough into a disk.
7. For both methods: Using the heel of your hand, push the dough down and away from you, fold it in half back toward you, rotate a quarter turn and repeat the kneading motion. After about 10 minutes, the dough should be smooth and elastic.
8. Shape the dough into a ball, cover with an overturned bowl and let rest for 15 minutes before you roll it out. The gluten in the flour will relax, making the dough easier to roll. Do not let it rest longer or it will be too dry. Makes 1 lb. dough.

Adapted from Williams-Sonoma The Pasta Book, by Julia della Croce (Weldon Owen, 2010).

Fresh Egg Pasta

Makes enough for about 4 to 6 servings

- 2 cups flour, plus extra for rolling the pasta
- 1/2 teaspoon salt
- 3 large eggs

Directions

1. Combine the Flour and Salt: Whisk together the flour and salt with a fork in a medium mixing bowl.
2. Add the Eggs: Create a deep well in the middle of the flour and crack the eggs into this well. Whisk the eggs with the fork to combine. Note: You can do this on the counter-top "Italian Grandmother Style" if you prefer, but I find it's easier and less messy to do it in a bowl. For food-processor instructions, see below.
3. Begin Combining the Flour and Eggs: As you whisk the eggs, begin gradually pulling in flour from the bottom and sides of the bowl. Don't rush this step. At first, the eggs will start to look slurry. Once enough flour has been added, it will start forming a very soft dough. Don't worry if you haven't used all the flour.
4. Knead the Pasta Dough: Turn the dough and any excess flour out onto a clean counter. Begin gently folding the dough on itself, flattening, and folding again. It will be extremely soft at first, then gradually start to firm up. Once it's firm enough to knead, begin kneading the dough. Incorporate more flour as needed to prevent the dough from sticking to you or the counter. Slice into the dough with a paring knife; if you see lots of air bubbles, keep kneading. The dough is kneaded when it forms a smooth elastic ball and has very few air bubbles when cut.
5. Rest the Pasta Dough: Clean and dry the mixing bowl. Place the ball of dough inside and cover with a dinner plate or plastic wrap. Rest for at least 30 minutes. Note: At this point, the pasta dough can be refrigerated for up to 24 hours. Let it come back to room temperature before rolling.
6. Divide the Pasta Dough: Sprinkle a baking sheet generously with flour and scrape the ball of dough on top (it will stick to the bowl; use a spatula or bowl scraper if necessary). Divide the dough into four equal portions. Dust the portions with flour and cover with a clean dishtowel. Note: The name of the game at this point is to keep everything well-floured to prevent the pasta from sticking to itself or the roller as you work. If the dough starts to feel sticky as you roll it, sprinkle it with flour. Also sprinkle flour on any pasta you're not working (rolled, cut or otherwise) with and keep it covered with a dishtowel.
7. Begin Rolling Out the Pasta: Set your pasta machine to the thickest setting (usually marked "1"). Flatten one piece of dough into a thick disk between your hands and feed it through the pasta roller. Repeat once or twice. Fold this piece of dough into thirds, like folding a letter, and press it between your hands again. With the pasta machine still on the widest setting, feed the pasta crosswise between the rollers (see picture). Feed it through once or twice more until smooth. If desired, repeat this folding step. This helps to strengthen the gluten in the flour, giving it a chewier texture when cooked.
8. Thin the Pasta: Begin changing the settings on your roller to roll the pasta thinner and thinner. Roll the pasta two or three times at each setting, and don't skip settings (the pasta tends to snag and warp if you do). If the pasta gets too long to be manageable, lay it on a cutting board and slice it in half. Roll the pasta as thin as you like to go. For linguine and fettuccine, I normally go to 6 or 7 on the KitchenAid attachment; for angel hair or stuffed pastas, I go one or two settings thinner.

9. **Cut the Pasta:** Cut the long stretch of dough into noodle-length sheets, usually about 12-inches. If making filled pasta or lasagna, proceed with shaping. If cutting into noodles, switch from the pasta roller to the noodle cutter, and run the sheet of pasta through the cutter. Toss the noodles with a little flour to keep them from sticking and gather them into a loose basket. Set this basket on the floured baking sheet and cover with a towel while you finish rolling and cutting the rest of the dough. Note: I find it easiest to roll all the pasta at once before proceeding to cutting it into noodles. I sprinkle the sheets of pasta liberally with flour and overlap them on a floured baking sheet, covered with a towel.
10. **Cooking, drying, or Freezing the Pasta:** To cook the pasta immediately, bring a large pot of water to a boil, salt the water, and cook the pasta until al dente, 4-5 minutes. To dry, lay the pasta over a clothes drying rack, coat hangers, or the back of a chair, and let air dry until completely brittle. Store in an airtight container for several weeks. To freeze, either freeze flat in long noodles or in the basket-shape on a baking sheet until completely frozen. Gather into an airtight container and freeze for up to three months. Dried and frozen noodles may need an extra minute or two to cook.

Additional Notes:

- **Pasta Dough in the Food Processor:** Combine all the ingredients in the bowl of a food processor. Pulse until combined, then run the processor continuously until a dough is formed. Proceed with kneading and shaping the dough as directed.
- **Rolling and Cutting Pasta by Hand:** It can be done! Divide the dough into four pieces and mimic the action of a pasta roller with a rolling pin. Roll as thin as possible, lifting and moving the dough constantly to make sure it doesn't stick. Sprinkle the dough generously with flour and then gently roll it up. Use a very sharp chef knife to cut the roll cross-wise into equal-sized noodles. Shake out the coils, toss with flour, and proceed with cooking.

<http://www.thekitchn.com/how-to-make-fresh-pasta-from-scratch-cooking-lessons-from-the-kitchn-73435>

Fresh Egg Pasta — Bon Appétit

Makes about 1 1/4 pounds

- 2 3/4 cups (about) soft wheat flour
- 4 large eggs (scant 1 cup)

Directions

1. Making dough: Place flour in processor. Add eggs. Using on/off turns, blend until clumps of moist dough form (do not process into ball). Turn dough out onto lightly floured work surface; shape into ball. Knead until smooth, sprinkling lightly with flour if sticking, about 3 minutes. Wrap in plastic. Let rest at room temperature at least 20 minutes and up to 2 hours.
2. Rolling dough into sheets: Cut dough into 8 equal pieces. Cover with plastic wrap. Set pasta machine to widest setting. Flatten 1 dough piece into rectangle; run through machine. Fold in half crosswise (end to end) and run through again. Continue, adjusting machine to narrower settings after every 2 passes and dusting with flour as needed to keep from sticking, until pasta sheet is 22 inches long (scant 1/16 inch thick). Place sheet on lightly floured work surface; cover with plastic. Repeat with remaining pasta pieces.
3. Cutting dough into strands: Uncover sheets and let stand until slightly dry but still pliable, about 20 minutes. Fit machine with appropriate cutter and run sheets through, cutting into tagliolini (1/8 inch wide), tagliatelle (1/4 inch wide), fettuccine (1/2 inch wide), or pappardelle (3/4 inch wide) and dusting with flour to keep from sticking. Cut strands crosswise into desired lengths. Using floured hands, toss strands to separate; spread out on towels. (Can be made 6 hours ahead. Cover with towel and let stand at room temperature.)
4. Cook pasta in pot of boiling salted water until just tender, stirring occasionally, 3 to 5 minutes. Drain but don't rinse.

Poor Man's Two Egg Pasta Dough

- 2 cups all-purpose flour
- 2 large whole eggs
- 1 tsp extra-virgin olive oil
- 3 tablespoons water

Directions

1. Making the Dough: Measure the flour and shake it through a sieve into a medium sized mixing bowl. However, if you are making a mixed flour pasta, don't try to sift or whisk the flours to blend them.
2. Drop the eggs or egg yolks into a small bowl or measuring cup; beat briefly with a fork to break them up. Pour in the measured amounts of oil and water and mix well with the eggs.
3. Pour the wet ingredients into the flour. Toss and mix everything with a fork until the flour is moistened and starts to clump together.
4. Lightly flour with your hands, then gather the clumps-or use a flexible plastic dough scraper-and begin kneading right in the bowl, folding the ragged mass over, pushing and turning it, then folding again. Use the kneading action to clean the sides of the bowl.
5. When you have formed a cohesive clump of dough, turn it out onto a small work surface lightly dusted with 1/2 teaspoon of flour and continue kneading for 2 to 3 minutes, until the dough is smooth and shiny on the outside, soft throughout, and stretchy.
6. Form the dough into a disk and wrap it tightly in plastic wrap, and let it rest at room temperature for 1/2 hour. Store, very well wrapped, in the refrigerator for a day, or for a month or more in the freezer.
7. Defrost frozen dough slowly in refrigerator, and let it return to room temperature before rolling. Defrosted dough will need a bit more flour.

Eggless Pasta

- 2 cups semolina flour
- 2 cups all-purpose flour
- 1 to 1 1/4 cups tepid water

Directions

- Mound the flour in the center of a large wooden cutting board. Make a well in the center of the flour and add water a little at a time, stirring with your hands until a dough is formed. As you incorporate the water, keep pushing the flour up to retain the well shape (do not worry if it looks messy). The dough will come together in a shaggy mass when about half of the flour is incorporated. You may need more or less water, depending on the humidity in your kitchen.
- Start kneading the dough with both hands, primarily using the palms of your hands. Once the dough is a cohesive mass, remove the dough from the board and scrape up any leftover dry bits. Lightly flour the board and continue kneading for 3 more minutes. The dough should be elastic and a little sticky. Continue to knead for another 3 minutes, remembering to dust your board with flour when necessary. Wrap the dough in plastic wrap and set aside for 10 minutes at room temperature. Roll and form as desired.

<http://www.foodnetwork.com/recipes/mario-batali/eggless-pasta-recipe.html?oc=linkback>

Handmade Cavatelli

Total Time: 1¼ hours (includes resting dough) Serves: 4

- 2½ cups Tipo '00' flour or all-purpose flour
- ½ cup plus 2 tablespoons sparkling mineral water
- 4 teaspoons extra-virgin olive oil

Directions

1. Dump flour on a wooden board and hollow out a well in center. Pour sparkling water into well, then oil. Using a fork as if scrambling eggs, gradually incorporate flour from inner walls of well into liquid. Once you reach a pancake batter-like consistency, use a bench scraper or knife to transfer remaining flour, a little at a time, into well, and incorporate. As dough comes together, press it into a loose, shaggy mass. Wash your hands and move dough to a clean surface, scraping up and transferring any flour and dough bits left on board.
2. Begin kneading dough by folding far edge toward you and pushing dough down and away with the heel of your hand. Rotate dough a quarter turn and repeat, continuing to turn, fold and push for 2-3 minutes. Dough will gradually come together into a semi-smooth mass, with all flour and dough bits incorporated. Clean work surface of any dried dough flakes and continue to knead dough gently until it is smooth and supple, and springs back when poked, 10-15 minutes more. Wrap dough ball tightly in plastic wrap and refrigerate at least 30 minutes, ideally 24 hours.
3. Remove dough from refrigerator and slice off a 1-inch section, then slice that in half. Roll both pieces against a wooden surface to form tubes slightly skinnier than your pinkie. Cut tubes into segments as long as your thumb is wide.
4. To begin shaping cavatelli, stick your right thumb up and then turn hand so thumb is pointing left. Maintaining even pressure, use thumb to push a piece of dough forward and up, like an airplane taking off. The dough should spring up and form around the curve of your thumb. Use a bench scraper or knife to transfer cavatelli to a baking sheet covered in parchment paper and sprinkled with flour, making sure no pieces of pasta touch. Continue until all dough is used. Let pasta dry slightly, 30-45 minutes.
5. In a large pot, bring lightly salted water to a rolling boil and drop in cavatelli. Boil until pasta pieces float to surface and remain there for about 30 seconds. (Pasta should cook 1½-2 minutes total). Serve with the sauce of your choice.



<http://online.wsj.com/articles/unplug-your-pasta-making-a-recipe-for-handmade-cavatelli-1410534718>

Green Spinach Pasta

More on this later, but for the moment, let us use: 3 large eggs and 2 cups of flour. Use unbleached all-purpose flour. Have another half-cup of flour at-the-ready in case it is needed. This should yield about one pound of fresh pasta.

For a slightly larger portion of finished pasta, start with 4 large eggs and 3 cups of flour.

Use either a ten-ounce package of frozen spinach or about one-half pound of fresh.

If using frozen (now thawed, hopefully) spinach, cook it in a covered pan, with a dash of salt, until it is tender. Not long. Drain and put on a paper towel. When cool enough, squeeze as much water out of it as possible. Chop roughly

If using fresh spinach, wash it thoroughly, several times probably, to be ultra clean. Drain it and put it in a large pot, over medium heat, covered, and cook about four minutes. Drain and let it cool. When cool, squeeze it to get as much liquid out as possible. Chop roughly.

Note: there will probably be some moisture still involved, so it is possible that your spinach pasta will require a little more flour as you combine it as above. No problem.

Put the spinach mixture and the eggs that you are going to use to make the pasta, in a food processor bowl, and process until the spinach is finely chopped. Then add this mixture into the hollow of the flour, as shown above, and continue on. Presto: pasta verde!

Sandy's Spinach Lasagna

- 1-10oz.pkg.(chopped) frozen spinach (cook & drain)
- 1 pound cottage cheese (small curd, California style)
- 1 lb. Mozzarella cheese, grated
- 1 egg
- 1 lb. lasagna noodles, cooked & drained
- Double batch of sauce

Directions:

1. Mix spinach, cottage cheese, and egg.
2. Layer: sauce, noodles, spinach mixture, mozzarella.
3. Keep repeating ending with mozzarella.
4. Bake at 350 for 40 minutes.
5. To rewarm, cover with aluminum foil.

Lasagna with Béchamel Sauce

Béchamel Sauce: Melt 1 stick of butter in a saucepan. Reduce heat to low. Mix in 2 oz. flour. Add 1 tsp. nutmeg and remove from heat.

Slowly add 1 quart of milk and return to heat. Bring to a boil, mixing constantly. Add salt and pepper to taste.

Let rest for 30 minutes.

Lasagna: Layer Bolognese or non-meat sauce (you need 1-2 quarts), pasta sheets from a batch of Fabio's pasta recipe, béchamel and pasta sheets. Repeat until finished. Add Bolognese, béchamel and Parmesan cheese on top. Bake for 30-45 minutes at 375°.

Macaroni and Cashew Cheese (Not really Italian)

- 2 cups elbow macaroni cooked per package directions.
- 1 ½ cup soft bread crumbs

Sauce

- 1 cup raw cashews (washed)
- 2 cups water
- 4 ounce jar pimientos
- 2 tablespoons fresh lemon juice
- 2 teaspoons salt
- 1 teaspoon onion powder
- ¼ teaspoon garlic powder
- 2 tablespoons nutritional yeast
- 1 teaspoon cornstarch

Directions

Blend cashews with water until very smooth. Add remaining ingredients and continue blending until smooth. Bring to simmer in saucepan stirring frequently until thickened.

Place drained macaroni in casserole dish. Pour sauce over top and stir in. Cover and bake at 350F for 30 minutes. Uncover and top with bread crumbs. Bake an additional 15 minutes.

Variation: Add 1 cup of green peas.

Gnocchi

- 3 large baking (Idaho) potatoes (about 1 3/4 pounds), scrubbed
- 1 large egg
- 1 teaspoon salt
- 1/4 teaspoon freshly ground white pepper
- Pinch of freshly grated nutmeg
- 1/4 freshly grated Parmigiano-Reggiano cheese
- 2 cups unbleached all-purpose flour, or as needed

Directions

Place the potatoes in a large pot with enough cold water to cover. Bring the water to a boil and cook, partially covered, until the potatoes are easily pierced with a skewer but the skins are not split, about 35 minutes. (Alternatively, the potatoes can be baked in a preheated 400°F oven until tender, about 40 minutes.)

Drain the potatoes and let them stand just until cool enough to handle. (The hotter the potatoes are when they are peeled and riced, the lighter the gnocchi will be.) Working quickly and protecting the hand that holds the potatoes with a folded kitchen towel or oven mitt, scrape the skin from the potato with a paring knife. Press the peeled potatoes through a potato ricer. Alternatively, the potatoes can be passed through a food mill fitted with the fine disc, but a ricer makes fluffier potatoes and therefore lighter gnocchi. Spread the riced potatoes into a thin, even layer on the work surface, without pressing them or compacting them. Let them cool completely.

In a small bowl, beat the egg, salt, pepper, and nutmeg together. Gather the cold potatoes into a mound and form a well in the center. Pour the egg mixture into the well. Knead the potato and egg mixtures together with hands, gradually adding the grated cheese and enough of the flour, about 1 1/2 cups, to form smooth but slightly sticky dough. It should take no longer than 3 minutes to work the flour into the potato mixture; remember, the longer the dough is kneaded, the more flour it will require and the heavier it will become. As you knead the dough, it will stick to your hands and to the work surface: Repeatedly rub this rough dough from your hands and scrape it with a knife or dough scraper from the work surface back into the dough as you knead.

Wash and dry your hands. Dust the dough, your hands, and the work surface lightly with some of the remaining flour. Cut the dough into six equal pieces and set off to one side of the work surface. Place one piece of dough in front of you and pat it into a rough oblong. Using both hands, in a smooth back-and-forth motion and exerting light downward pressure; roll the dough into a rope 1/2 inch thick, flouring the dough if necessary as you roll to keep it from sticking. (When you first begin making gnocchi, until your hands get the feel of the dough, you may find it easier to cut each piece of dough in half to roll it.)

Slice the ropes into 1/2-inch-thick rounds. Sprinkle the rounds lightly with flour and roll each piece quickly between your palms into a rough ball, flouring the dough and your hands as needed to prevent sticking. Hold the tines of a fork at a 45-degree angle to the table with the concave part facing up. Dip the tip of your thumb in flour. Take one ball of dough and with the tip of your thumb, press the dough lightly against the tines of the fork as you roll it downward toward the tips of the tines. As the dough wraps around the tip of your thumb, it will form into a dumpling with a deep indentation on one side and a ridged surface on the other. Set on a baking

sheet lined with a floured kitchen towel and continue forming gnocchi from the remaining dough balls. Repeat the whole process with the remaining pieces of dough. At this point the gnocchi must be cooked immediately or frozen.

To cook gnocchi:

Bring six quarts of salted water to a vigorous boil in a large pot over high heat. Drop about half the gnocchi into the boiling water a few at a time, stirring gently and continuously with a wooden spoon. Cook the gnocchi, stirring gently, until tender, about 1 minute after they rise to the surface. (You can cook the gnocchi all at once in two separate pots of boiling water. If you make a double batch of gnocchi, I strongly recommend cooking them in batches in two pots of water.)

Remove the gnocchi from the water with a slotted spoon or skimmer, draining them well, and transfer to a wide saucepan with some of the sauce to be used. Cook the remaining gnocchi, if necessary. When all the gnocchi are cooked, proceed according to the directions for saucing and serving in each recipe.

When saucing gnocchi, remember this tip: If the sauce is too dense or the gnocchi seem too dry, use some of the gnocchi cooking water to thin the sauce and moisten the gnocchi, as you would with pasta dishes.

To precook gnocchi:

Cook the gnocchi as described above, remove them with a skimmer, and spread them out in a baking pan lightly coated with melted butter. When ready to serve, return the gnocchi to a large pot of boiling salted water until heated through, 2 to 3 minutes. Drain thoroughly and sauce and serve according to the particular recipe.

To freeze gnocchi:

It is best to freeze gnocchi uncooked as soon as they are shaped. Arrange the gnocchi in a single layer on a baking pan and place the pan in a level position in the freezer. Freeze until solid, about 3 hours. Gather the frozen gnocchi into resealable freezer bags. Frozen gnocchi can be stored in the freezer for 4 to 6 weeks.

To cook frozen gnocchi:

Frozen gnocchi must be cooked directly from the freezer in plenty of boiling water, or they will stick together. Bring 6 quarts salted water to a boil in each of two large pots. Shake any excess flour from the frozen gnocchi and split them between the two pots, stirring gently as you add them to the boiling water. It is important that the water return to a boil as soon as possible; cover the pots if necessary. Drain the gnocchi as described above and sauce and serve according to the specific recipe.

<http://www.epicurious.com/recipes/food/views/Gnocchi-101335>

Gnocchi Potato (Old Fabio's Grandma Recipes)

- 2 cups flour
- 1 cup grated parmesan
- 1 tsp grated nutmeg
- 1 tsp salt
- 1 tsp black crushed pepper
- 2 lbs. cold, skinless Idaho or Russet Potatoes

Directions:

1. In a stand up mixer with paddle attachment mix 2 cup of flour with 1 cup of grated parmesan cheese, 1 tsp of grated nutmeg, 1 tsp of salt and 1 tsp of black crushed pepper, mix for few minutes till all the ingredients are combined.
2. Add in the mixer 2 lbs. of cold, cooked skin off, grounded or smashed Idaho or Russet potatoes till the dough is firm and not dry anymore.
3. If too wet add a bit of flour until they don't stick to your finger, you'll need to be able to roll, cut, and cook the gnocchi without them being hard or falling apart as you roll them.
4. Cook in salted, hot boiling water till they float and serve immediately. Enjoy.

<http://www.fabioviviani.com/general-recipes/fabio-vivianis-gnocchi-recipe/>

Gnocchi With Cherry Tomatoes By Chef Fabio Viviani

- 3 medium baking potatoes peeled, cooked and mashed
- 1 egg
- ½ tsp. ground nutmeg
- ½ tsp. salt
- ½ tsp. black pepper
- 2 cups all-purpose flour

Sauce

- 2 Tbsp. Olive Oil (drizzle)
- 1 lb. cherry tomatoes
- 1 bunch fresh basil leaves
- ¼ cup Olive Oil
- Thinly sliced Parmesan cheese

Directions:

1. For Gnocchi, combine room temperature potatoes, egg, nutmeg, salt and pepper in bowl of a stand mixer fitted with the paddle attachment. Mix on low speed until combined. Add ¼ cup of flour at time on low speed until dough starts to form. Dough should be easy to handle and smooth. Use additional flour if necessary. Turn dough out on lightly floured surface. Cut the dough into four pieces. Gently roll each piece of dough into cylinder-like shape, about a ½ inch in diameter. Cut dough into ¾-inch long pieces and set aside on a lightly floured surface. Repeat with remaining dough.
2. Cook gnocchi, in batches, in a large pot of salted boiling water, 2 minutes or until gnocchi start to float.
3. For Sauce, heat Olive Oil in large skillet over medium-high heat and cook cherry tomatoes, about 5 minutes or until skins start to blister.
4. Add basil to food processor Process until well chopped. Slowly add Olive Oil and process until smooth. Spoon basil oil into cheesecloth-lined strainer set over a bowl; let drain. Reserve liquid.
5. Combine cooked gnocchi and tomato sauce in serving bowl. Season with salt and ground black pepper to taste. Drizzle with reserved basil oil and top with Parmesan cheese. Garnish, if desired, with fresh basil leaves or fried fresh basil leaves.

<http://www.annaandkristina.com/recipe-from-a-top-chef-fabio-vivianis-gnocchi-with-cherry-tomatoes/>

Gnocchi (Allrecipes dot com)

- 2 potatoes
- 2 cups all-purpose flour
- 1 egg

DIRECTIONS:

1. Bring a large pot of salted water to a boil. Peel potatoes and add to pot. Cook until tender but still firm, about 15 minutes. Drain, cool and mash with a fork or potato masher.
2. Combine 1 cup mashed potato, flour and egg in a large bowl. Knead until dough forms a ball. Shape small portions of the dough into long "snakes". On a floured surface, cut snakes into half-inch pieces.
3. Bring a large pot of lightly salted water to a boil. Drop in gnocchi and cook for 3 to 5 minutes or until gnocchi have risen to the top; drain and serve.

Gnocchi – The Italian Dish Blog

- 2 baking potatoes, about 1.5 pounds total (doesn't have to be exact)
- 2 egg yolks
- almost 2 cups flour

Directions

1. Bake potatoes in oven until tender. Let cool just until you can skin them, right before you make the gnocchi. The potato needs to be warm, or else the gnocchi will not turn out right - the flour and potato will not bind with the egg.
2. Scoop out potato flesh and put through ricer into a bowl. Add slightly beaten egg yolks. Incorporate about 1.5 cups of the flour and mix until a dough is formed. Place on counter. Using some of the rest of the flour, knead lightly until you have a nice dough formed, one that is not too sticky but yet is not super firm.
3. Cut the dough into three sections with a pastry scraper. Roll out the sections into cords and then, with the pastry scraper, cut the cords into one inch little gnocchi. Set gnocchi on a lightly floured towel until ready to use.
4. Bring a large pot of salted water to the boil. Add half the gnocchi and put on a lid. When the water comes back to the boil, remove lid. When the gnocchi float to the top, cook for one minute longer. With a spider, remove gnocchi into either your waiting pan with sauce or into a serving dish. Repeat with remaining gnocchi.

Jacks Lentil / Brown Rice Meatballs

- 1/2 cup walnuts or pecans
- 2 Tbsp. vegetable or olive oil
- One onion, diced
- One large garlic clove, minced
- 2 cups cooked lentils
- 1 cup cooked brown rice
- 1/4 to 1/2 cup tomato juice, as needed (JL: I add a couple Tbsp. of tomato paste)
- 1/2 cup uncooked Cream of Wheat (JL: I also dry Italian style breadcrumbs)
- 1 tsp. dried basil
- 1/4 tsp. dried oregano
- 1 tsp. salt
- 1 Tbsp. liquid smoke (optional)
- 1 Tbsp. Worcestershire sauce
- 1 Egg or Egg substitute (if non vegan okay)

Directions:

1. Preheat the oven to 350°. If making loaf, spray loaf pan or 8x8 square baking pan with nonstick spray and set aside (an 8x8 pan makes a crisper loaf).
2. Grind the walnuts into a coarse meal using a food processor. Place in a large mixing bowl and set aside.
3. Sauté vegetables in the vegetable oil until soft. Add to the large mixing bowl along with all the remaining ingredients. Mix and mash together well, adding only as much liquid as needed to create a soft, moist loaf that holds together and is not runny (you may not need to add any liquid if the grains and protein are very moist). Add more binder/carbohydrate as needed if the loaf seems too wet.
4. Shape into meatballs or press mixture into the prepared pan. If Italian meatballs, place sauce in pan and add meatballs. Bake for 45 minutes or until firm.
5. If making loaf, cool in the pan for 10 to 15 minutes, then turn out onto a plate or platter and slice. Serve with pasta, potatoes, vegetables, vegetarian gravy, etc.

Session Tested!

Claudette's Meatless Meatballs

- 2 cups pecan meal
- 2 cups cheese (½ cottage cheese, ½ cheddar)
- 1 large onion, chopped fine
- 8 eggs or egg substitute
- 2 cups cracker crumbs
- 1 tsp sage
- salt to taste (½ to 1 tsp)

Directions:

1. Combine all ingredients and form into balls
2. Place ½" oil in bottom of 13x9 pan. (Spray with Pam first and you can cut way back on the oil)
3. Place balls in oil.
4. Cover meatballs with 28oz jar of tomato sauce
5. Bake @ 350 degrees for 45-50 minutes.

To make pecan meal, place pecans into food processors, grinder, or a blender and process until they are the desired consistency.

Meatless Meatballs

- 1 c. bread crumbs or soda crackers
- 1 c. cheese (1/2 cheddar, 1/2 cottage cheese)
- 1 c. chopped walnuts
- 1 med. onion
- 1 tsp. sweet basil
- 1/2 tsp. sage
- salt to taste
- 4-5 eggs or egg substitute

Directions

1. Mix all ingredients, shape into meatballs and place into oiled casserole dish.
2. Cover with spaghetti sauce and bake for 35 minute at 350F, or until brown.

Best Meatballs

Easy and very high protein meatballs to make and enjoy.

- 1 C crushed cheese crackers
- 1/2 C ground pecans (or walnuts)
- Garlic powder to taste
- 1 small onion, chopped
- 3 eggs*
- 1/2 C grated cheddar cheese*
- 1/4 C grated Parmesan cheese*

Directions

In a medium bowl, mix all ingredients. Form into balls and fry in small amount of oil in skillet

*Lite Version Substitutions:

- 3/4 C egg substitute
- 1/2 C grated low-fat cheddar cheese
- 1/4 C grated low-fat Swiss

Serving Suggestions: Serve with your favorite sauce. Spaghetti sauce is nice.

Debby's Meatballs

Savory and tasty meatballs that can be prepared in your food processor for speed of preparation.

- 1 C finely-chopped walnuts
- 1 C cracker crumbs
- 1 C finely-chopped onion
- 1/2 C grated cheddar cheese
- 1 Tbsp. dried parsley
- 1/2 tsp salt
- 1/2 tsp ground sage
- 5 large eggs or 1 1/4 C egg substitute

Directions

1. If you don't want to do all the chopping by hand, use your food processor, even your blender. The walnuts and crackers blend very well. To blend onions, put about 2 cups water in your blender and quickly pulse to chop the onion. Drain.
2. In a medium bowl, combine all ingredients after they have been chopped, etc. Stir and form into balls.
3. In a skillet over medium-high heat, fry meatballs in a small amount of oil until golden brown.
4. Serving Suggestions: These can be placed in a baking dish in the oven with your favorite sauce. I like to put them in a large skillet on the stove over medium-high heat with the following sauce:
5. In a small bowl, mix 1 can tomato soup and 1 1/2 cans water. Beat until smooth. Add to the meatballs and simmer for 20 minutes over medium-high heat uncovered. The sauce will boil down and become thicker.

Servings: 12

SDA Style Kellogg's Cottage Cheese Loaf

- 1/4 Cup Butter or Margarine
- 1 Clove of Garlic
- 1 Onion
- 2 Stalks of Celery
- 2 Tablespoons of an SDA-style Vegetarian Stock like McKay's Seasoning, Broth, or Worthington Gravy
- 1 Tablespoon of Soy Sauce
- 3 Beaten Eggs
- 1/4 Cup of Milk
- 1 Cup of Cottage Cheese
- 3-5 Cups of a "Flakes" Cereal - Most of the time, Adventists use Kellogg's Special K Cereal. I'm cheap. So, I use generic Corn Flakes
- 1/4 Cup Pecan Meal, Ground Fine (Optional)

Directions

1. Preheat oven to 350 F
2. Heat the butter or margarine in a pan
3. Sauté the garlic and onions until cooked
4. Add the celery to the pan and sauté until soft
5. Mix the remaining ingredients in a separate bowl
6. Add the sautéed vegetables to the bowl
7. Let the cereal get a little soggy (about 5 minutes)
8. Place in a generously greased baking pan. Do not pack. In fact, use a fork to make it fluffy. Or roll into meatball shape.
9. Bake at the top rack for 1 - 1 1/2 hour(s)

Pecan Meatballs Ingredients

- 2 cups pecan meal
- 2 cups bread crumbs
- 2 cups grated cheese (soy cheese)
- 1 teaspoon salt
- 1 teaspoon garlic
- 1 onion
- 2 teaspoon sage
- 2 cups of milk (soy)
- 4 eggs or egg substitute

Directions

1. Mix dry ingredients together.
2. Then add the milk and eggs.
3. Form into balls and brown in pan with oil.
4. They are ready to serve after cooling or freeze if you want.
5. They will stick together so you will need to put them in sauce if using a slow cooker.

<http://www.beloitsdaconnect.com/pecan-meatballs-vegetarian-recipe/#sthash.rexVNDCI.dpuf>

Bean-based Meatballs

- 1 ½ cans (15 oz. each) Bush's Cannellini Beans, drained and rinsed
- 1 roasted red bell pepper (2 halves), roughly chopped
- ½ medium yellow onion, grated
- 2 cloves garlic, minced
- ¼ cup chopped Italian parsley
- 1 ½ tsp dried oregano
- 1 egg
- ½ cup dried breadcrumbs (see note)
- ½ tsp kosher salt
- ½ tsp freshly ground black pepper
- 3 cups marinara sauce (your favorite kind)
- Parmesan cheese for grating
- Cooked spaghetti

Directions

1. Preheat oven to 350F. Thoroughly coat a large baking sheet with cooking spray.
2. In the bowl of a food processor, combine beans and roasted red peppers. Pulse until chopped, but not smoothly pureed.
3. Transfer the mixture to a medium-sized bowl and stir in grated onion, garlic, parsley, oregano, egg, breadcrumbs, salt and pepper until well combined.
4. Using a rounded 2 tablespoon portion of the bean mixture, form "meatballs" by rolling between the palms of your hands. Place the "meatballs" on the prepared baking sheet, spacing evenly.
5. Bake until the meatballs are firm to the touch and have developed a light golden brown coating, 15 to 20 minutes.
6. In a large saucepan, heat your favorite marinara sauce over medium heat until simmering. Add "meatballs" and stir to coat. Simmer until the sauce thickens slightly, stirring occasionally, 10 to 15 minutes.
7. Serve over spaghetti and top with grated Parmesan cheese.

Notes

The amount of breadcrumbs required can change depending on the climate (dry vs. humid). If you find that the "meatballs" are not holding together firmly as you are shaping the first few, add more breadcrumbs, then reshape

Spinach Stromboli

Dough

- 3½ cups hot water
- 1 Tbsp. salt
- ¼ cup sugar
- 2 Tbsp. yeast
- 7-9 cups flour
- 2 tsp. dough enhancer

Spinach Filling

- 3 bags fresh spinach
- 4 green onions, finely chopped
- 3 cups shredded mozzarella cheese
- 1 cup shredded provolone cheese
- ½ cup fresh grated Parmesan cheese
- 4 Tbsp. olive oil
- parsley
- 2 cloves garlic, minced

Creamy Garlic Sauce

- 4 Tbsp. butter
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 cup dry white wine
- TT salt and pepper
- ¼ cup flour
- 1¼ cups milk

Directions

Spinach Filling: Sauté spinach, garlic and onions in olive oil. Add seasonings to taste. Mix cheeses with spinach, then fill dough as directed above

Pizza Dough: Preheat your baking Stone to 500. Combine all ingredients in mixing bowl and knead for eight minutes. Divide dough into five or six sections depending on how big you like your Stromboli. Roll into circles and place spinach mixture onto the center of the dough. Roll up and place the seam on the bottom. Make four slits on the top using scissors to snip. Bake eight to ten minutes. Brush with garlic butter when you take them out

Creamy Garlic Sauce: Melt 1 Tbsp. of the butter in a pan, add the chopped onions and cook gently until soft and golden. Add the garlic and cook for another minute. Season with salt and pepper to taste. Add the wine, turn up the heat and reduce the volume by about half. Remove from heat.

In another pan melt the remaining butter. Add the flour, stir and cook for about five minutes. Now add the milk. To do this well, take it slowly. Add just a little milk, stir well, then a little more. As you add the remaining milk, keep stirring. The sauce should become nice and thick. Finally, mix in the onion and garlic you prepared earlier.

Serve warm.

Makes 6

KAF Blitz Focaccia

- 1 1/2 cups warm water
- 3 tablespoons olive oil (plus additional for drizzling)
- 1 1/4 teaspoons salt
- 3 1/2 cups King Arthur Unbleached All-Purpose Flour
- 1 tablespoon instant yeast
- 4 teaspoons Pizza Dough Flavor, optional
- 1/4 cup Vermont cheese powder, optional
- Pizza Seasoning, optional

Directions

1. Lightly grease a 9" x 13" pan, and drizzle 1 to 2 tablespoons olive oil in the bottom.
2. Combine all of the ingredients, and beat at high speed with an electric mixer for 60 seconds.
3. Scoop the sticky batter into the prepared pan, cover the pan, and let it rise at room temperature for 60 minutes, till it's become puffy.
4. While the dough is rising, preheat the oven to 375°F.
5. Gently poke the dough all over with your index finger.
6. Drizzle it lightly with olive oil, and sprinkle with pizza seasoning, and/or the dried herbs of your choice, if desired.
7. Bake the bread until it's golden brown, 25 to 30 minutes.
8. Remove it from the oven, wait 5 minutes, then turn it out of the pan onto a rack. Serve warm or at room temperature.

Session Tested!

Easy Focaccia - Cuisinart Original Recipe

- 1/3 cup warm water (105-115°F)
- 1 envelope active dry yeast
- (2 1/4 teaspoons)
- 4 cups unbleached all-purpose flour
- 7 tablespoons extra virgin olive oil, divided
- 2 teaspoons salt
- 1 cup cold water
- 1 teaspoon kosher or coarse sea salt
- chopped fresh or dried herbs, sun dried tomatoes, olives, etc. (optional)

Directions

1. Combine the 1/3 cup warm water with the yeast and a pinch of the flour in a 2-cup measure with pouring spout. Stir to dissolve yeast; let rest 3–10 minutes until foamy. If the yeast does not foam, it is not active; discard and begin again with fresh yeast.
2. Insert the dough blade. Place the flour with 3 tablespoons of the olive oil and 2 teaspoons of salt in the work bowl. Process to blend, 10 seconds.
3. Add the cold water to the yeast mixture, stir to blend. With the machine running, add the liquid through the small feed tube in a slow steady stream, as fast as the flour will absorb it. When liquid is absorbed and mixture has formed a ball of dough that has cleaned the sides of the work bowl, process for 45 seconds longer to knead.
4. Coat dough with 1/2 tablespoon of the olive oil. Place in a resealable food storage bag, squeeze out the air and seal, allowing space for dough to rise. Allow the dough to rise in a warm, draft-free spot until doubled, about 1 hour.
5. Spread 1 tablespoon of the remaining olive oil in a 15 x 10-inch jelly roll pan. Punch the dough down and let rest for 5 minutes. Press the dough into the prepared pan until it fills it completely.
6. Cover with a sheet of oiled plastic wrap and let rise again in a warm, draft-free place until doubled in bulk, about 1 hour.
7. After 45 minutes, arrange the oven rack in the lower third of the oven, and preheat the oven to 450°F.
8. Make dimples in the surface of the dough with your fingers. Drizzle with the remaining olive oil, spreading gently with hands.
9. Sprinkle with coarse salt and herbs if using.
10. Bake in the preheated 450°F oven for about 25 minutes, until deep golden. Transfer to a cutting board, slice and serve warm, or transfer to a wire rack and cool if serving at another time. For longer storage, wrap and freeze.

<http://www.cuisinart.com/recipes/breads/329.html>

Focaccia Bread

Sponge

- 1 tsp. yeast (I use a rapid rise yeast)
- 1/2 cup warm water
- 3/4 cup unbleached all-purpose flour

Dough

- 1 tsp. rapid rise yeast
- 1 cup water
- 3 Tbsp. olive oil
- Sponge, above
- 3-1/4 cups unbleached all-purpose flour
- 2 teaspoons sea salt

Topping

- 2 Tbsp. extra-virgin olive oil
- 1 tsp. coarse sea salt or kosher salt

Directions

1. The sponge: Sprinkle the yeast over the warm water in mixer bowl and add / combine the flour. Cover with plastic wrap and let rise in a warm place until doubled and bubbly, about 45 minutes.
2. To make the dough: Add the yeast, water and the olive oil to the sponge in the mixer bowl. With the dough hook running, add just under 3 cups of the flour and salt and mix thoroughly. The dough should come together in a ball in the mixer bowl and then start sticking to the sides of the bowl. When this happens, add flour by the spoonful and mix again. Each time if you see the dough is still sticking to the sides of the bowl, keep adding flour until the dough isn't real sticky anymore.
3. Stop the mixer and touch the dough with your finger. When it is smooth and elastic and not too sticky, it's done. Place the dough in a clean bowl that you have drizzled with a little olive oil. Roll the dough to coat in the olive oil, wrap tightly with plastic wrap and let rise in a warm place until doubled, about 1 hour.
4. Second Rise: Punch dough down. Lightly oil a rimmed baking sheet and press out the dough on the sheet. Let the dough relax for a few minutes and finish stretching it until it reaches the edges. Cover with a towel and let rise again in a warm place for about 1 hour until the dough is doubled. Meanwhile, preheat oven to 425F.
5. Just before baking, dimple the dough with your fingers, leaving indentations. Drizzle olive oil over the dough, brush lightly to coat, and sprinkle with salt.

The Italian Dish <http://theitaliandishfoodblog.com>

All Purpose Pizza Dough – Wolfgang Puck

- 1 package active dry yeast
- 1 1/2 cups warm water (105 to 115 degrees F.)
- 1 tablespoon honey
- 2 tablespoons extra-virgin olive oil, plus additional for brushing the pizza crusts
- 3 cups all-purpose flour
- 1 teaspoon salt

Directions

1. Using a stand mixer: Combine the flour and salt and add it to the yeast mixture all at once. Mix it together using the paddle attachment, then change to the dough hook. Knead at low speed for 2 minutes, then turn up to medium speed and knead until the dough comes cleanly away from the sides of the bowl and clusters around the dough hook, about 5 minutes. Hold on to the machine if it bounces around. Turn out onto a clean work surface and knead by hand for 2 or 3 minutes longer. The dough should be smooth and elastic. When you press it with your finger it should slowly spring back, and it should not feel tacky. Kneading the dough by hand: Mix together the yeast, honey, water and olive oil as directed in a medium-size or large bowl. Combine the flour and salt. Fold in the flour a cup at a time using a large wooden spoon. As soon as you can scrape the dough out in one piece, scrape it onto a lightly floured work surface and knead it for 10 minutes, adding flour as necessary until the dough is smooth and elastic.
2. Using a food processor: Mix together the yeast, honey, water and olive oil in a small bowl or measuring cup. Place the flour and salt in a food processor fitted with the steel blade. Pulse once or twice. Then, with the machine running, pour in the yeast mixture. Process until the dough forms a ball on the blades. Remove the dough from the processor and knead it on a lightly floured surface for a couple of minutes, adding flour as necessary, until it is smooth and elastic.
3. Transfer the dough to a clean, lightly oiled bowl, rounded side down first, then rounded side up. Cover the bowl tightly with plastic wrap, and leave it in a warm spot to rise for 30 minutes (you can leave it for up to an hour). When it is ready the dough will stretch as it is gently pulled.
4. Divide the dough into 2 to 4 equal balls, depending on how large you want your pizzas to be. Shape each ball by gently pulling down the sides of the dough and tucking each pull under the bottom of the ball, working round and round the ball 4 or 5 times. Then, on a smooth, unfloured surface, roll the ball around under your palm until the ball feels smooth and firm, about 1 minute. Put the balls on a tray or platter, cover with pan-sprayed plastic wrap or a damp towel, and leave them to rest for at least 30 minutes. At this point, the dough balls can be covered with plastic wrap and refrigerated for 1 to 2 days.
5. Preheat the oven to 500 degrees F. Place a pizza stone in the oven to heat. In the meantime, press out the dough to a circle 7 to 8 inches in diameter for small pizzas, 12 to 14 for larger pizzas.

Session Tested!

NY Style Pizza Dough

- 22.5 ounces (about 4 1/2 cups) bread flour, plus more for dusting
- .5 ounces (about 1 1/2 tablespoons) sugar
- .35 ounces kosher salt (about 1 tablespoon)
- .35 ounces (about 2 teaspoons) instant yeast
- 1.125 ounces Extra Virgin olive oil (about 3 tablespoons)
- 15 ounces lukewarm water

Directions

1. Combine flour, sugar, salt, and yeast in bowl of food processor. Pulse 3 to 4 times until incorporated. Add olive oil and water. Run food processor until mixture forms ball that rides around the bowl above the blade, about 15 seconds. Continue processing 15 seconds longer.
2. Transfer dough ball to lightly floured surface and knead once or twice by hand until smooth ball is formed. It should pass the windowpane test.
3. Divide dough into three even parts and place each in a covered quart-sized deli container or in a zipper-lock freezer bag.
4. Place in refrigerator and allow to rise at least 1 day, and up to 5.
5. Remove from refrigerator, shape into balls, and allow to rest at room temperature for at least 2 hours before baking.

<http://www.serious-eats.com/recipes/2012/07/basic-new-york-style-pizza-dough.html>

Foolproof Pan Pizza

J. Kenji López-Alt Managing Culinary Director

Foolproof Pan Pizza

[Photographs: J. Kenji Lopez-Alt]

Note: Although mozzarella is standard, any good melting cheese such as cheddar, jack, or young provolone will work for this recipe. This recipe is intended to be made with dry (aged) mozzarella cheese, the yellowish variety that comes in firm blocks. Do not use fresh mozzarella, as it is too moist. If you only want to bake one pizza at a time, you can transfer 1 ball of dough to a sealed zipperlock bag or container in step 3 and store it in the refrigerator for up to 3 days. Continue with step 4 when ready to bake.

Every recipe we publish is tested, tasted, and Serious Eats-approved by our staff. Never miss a recipe again by following @SeriousRecipes on Twitter!

About the author: J. Kenji Lopez-Alt is the Chief Creative Officer of Serious Eats where he likes to explore the science of home cooking in his weekly column The Food Lab. You can follow him at @thefoodlab on Twitter, or at The Food Lab on Facebook.

Foolproof Pan Pizza

Yield: Serves 4 to 6 (makes two 10-inch pies)

- 400 grams (14 ounces, about 2 1/2 cups) bread flour
- 10 grams (.35 ounces, about 2 teaspoons) kosher salt, plus more for sprinkling
- 4 grams (.15 ounces, about 1/2 teaspoon) instant yeast
- 275 grams (9.5 ounces, about 1 cup plus 3 tablespoons) water
- 8 grams (.25 ounces, about 2 teaspoons) extra-virgin olive oil, plus more to coat pans and drizzle
- 1 1/2 cups pizza sauce, such as our New York-style pizza sauce
- 12 ounces grated full-fat, dry mozzarella cheese (see note above)
- Toppings as desired
- Small handful torn fresh basil leaves (optional)
- 2 ounces grated parmesan or pecorino Romano cheese (optional)

Directions

1. Combine flour, salt, yeast, water, and oil in a large bowl. Mix with hands or a wooden spoon until no dry flour remains. The bowl should be at least 4 to 6 times to volume of the dough to account for rising.
2. Cover bowl tightly with plastic wrap, making sure that edges are well-sealed, then let rest on the countertop for at least 8 hours and up to 24. Dough should rise dramatically and fill bowl.
3. Sprinkle the top of the dough lightly with flour, then transfer it to a well-floured work surface. Divide dough into two pieces and form each into a ball by holding it with well-floured hands and tucking the dough underneath itself, rotating it until it forms a tight ball.
4. Pour 1 to 2 tablespoons of oil in the bottom of two 10-inch cast iron skillet or round cake pans. (See note above). Place 1 ball of dough in each pan and turn to coat evenly with oil. Using a flat palm, press the dough around the pan, flattening it slightly and spreading oil around the entire bottom and edges of the pan. Cover tightly with plastic wrap and let the dough sit at room temperature for two hours. After the first hour, adjust an oven rack to the middle position and preheat oven to 550°F.
5. After two hours, dough should be mostly filling in the pan up to the edges. Use your fingertips to press it around until it fills in every corner, popping any large bubbles that appear. Lift up one edge of the dough to let any air bubbles underneath escape and repeat, moving around the dough until there are no air bubbles left underneath and the dough is evenly spread around the pan.
6. Top each round of dough with 3/4 cup sauce, spreading the sauce with the back of a spoon into every corner. Spread evenly with mozzarella cheese, letting the cheese go all the way to the edges. Season with salt. Add other toppings as desired. Drizzle with olive oil and scatter a few basil leaves over the top (if desired)
7. Transfer pan to oven and bake until top is golden brown and bubbly and bottom is golden brown and crisp when you lift it with a thin spatula, 12 to 15 minutes. Immediately sprinkle with grated parmesan or pecorino Romano cheese. Using a thin spatula, loosen pizza and peek underneath. If bottom is not as crisp as desired, place pan over a burner and cook on medium heat, moving the pan around to cook evenly until it is crisp, 1 to 3 minutes. Remove the pizzas and transfer to to a cutting board. Cut each one into six slices and serve immediately.

Basic Pizza Dough (Cuisinart)

Yield: 2 - 14-inch pizza crusts or 4 - 9-inch pizza crusts

- 1 package active dry yeast (or 2 1/4 teaspoons)
- 1 teaspoon sugar
- 1 1/3 cups warm water
- 3 1/3 cups all-purpose flour
- 1 1/4 teaspoons salt
- 3 teaspoons oil
- Corn meal for pans

Directions

1. Grease pizza pan(s). Preheat oven to 425F.
2. Stir yeast and sugar into the warm water and let stand until foamy, about 10 minutes. Insert metal blade into food processor, and add flour and salt to bowl. Pulse briefly to combine flour and salt.
3. Turn machine on and pour yeast mixture into feed tube. Process about 45 seconds, until all liquid has streamed into the flour and the dough pulls away from the sides of the bowl. Turn off machine.
4. With oil ready to be added, turn on machine again and add the oil to the feed tube and process for another minute. If dough is sticking to sides of bowl, add another tablespoon of flour, one at a time.
5. Remove dough from bowl. If making two 14" round pizzas, divide the dough in half. Can also be divided into small pizza pans or left intact if making pizza on a large baking sheet.
6. If you wish to pre-bake your crust, place it in the oven and bake for about 6 minutes. Remove from oven and add toppings as desired. Return to oven and continue baking for another 10-15 minutes or until hot and bubbly and crust is browned.
7. If you don't wish to pre-bake your crust, add toppings as desired on uncooked pizza dough. Bake in oven for 15-20 minutes or until hot and bubbly and crust is browned.

Food Processor Pizza Dough - Williams and Sonoma

- 1 Tbs. active dry yeast
- 1 tsp. sugar
- 1 cup warm water (105° to 115°F)
- 3 cups all-purpose flour
- 1 tsp. salt
- 2 Tbs. extra-virgin olive oil

Directions

1. In a small bowl, dissolve the yeast and sugar in the warm water and let stand until foamy, about 5 minutes.
2. In the bowl of a food processor fitted with the dough blade, combine the 2 cups of flour and salt and process with 3 or 4 pulses. With the motor running on the dough speed, slowly add the yeast mixture, allowing each addition to be absorbed before adding more. Add flour as needed until the dough forms a ball and cleans the sides of the bowl, about 1 minute, then process for 1 minute more.
3. Coat the inside of a large bowl with the olive oil and place the dough in the bowl. Cover with a clean kitchen towel and let the dough rise in a warm place until doubled in size, about 1 1/2 hours. Divide the dough in half and roll out as directed in the pizza recipe.

Makes two 12-inch rounds.

<http://www.williams-sonoma.com/recipe/food-processor-pizza-dough.html>

New York Style Pizza Sauce

Yield: 4-3 (makes enough for 2-4 12-inch pies, depending on how much sauce you like)

- 1 (28-ounce) can whole peeled tomatoes
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon unsalted butter
- 2 medium cloves garlic, grated on microplane grater (about 2 teaspoons)
- 1 teaspoon dried oregano
- pinch red pepper flakes
- Kosher salt
- 2 six-inch sprigs fresh basil with leaves attached
- 1 medium yellow onion, peeled and split in half
- 1 teaspoon sugar

Directions

1. Process tomatoes and their juice through food mill, pulse in food processor until pureed, or puree with hand blender. Puree should not be completely smooth, but should have no chunks larger than 1/16 of an inch. Set tomatoes aside.
2. Combine butter and oil in medium saucepan and heat over medium-low heat until butter is melted. Add garlic, oregano, pepper flakes, and large pinch salt and cook, stirring frequently, until fragrant but not browned, about 3 minutes. Add tomatoes, basil sprigs, onion halves, and sugar. Bring to a simmer, reduce heat to lowest setting (bubbles should barely be breaking the surface), and cook, stirring occasionally, until reduced by 1/2, about 1 hour. Season to taste with salt. Allow to cool and store in covered container in the refrigerator for up to 2 weeks.

<http://www.serious-eats.com/recipes/2010/10/new-york-style-pizza-sauce.html>

Italian Bread 101

You know that Italian bread you get at the supermarket, the crunchy braid loaded with sesame seeds? The recipe below will create that loaf.

Overnight Starter

- 3/4 cup Unbleached All-Purpose Flour
- 1/2 cup lukewarm water
- 1/8 teaspoon instant yeast

Dough

- 2 teaspoons instant yeast
- 2/3 cup water
- 2 3/4 cups King Arthur Unbleached All-Purpose Flour
- 1 1/4 teaspoons salt

Topping

- 1 egg white beaten with 1 tablespoon water
- sesame seeds

Directions

1. The Starter: Mix the starter ingredients in a small bowl, cover, and let rest at room temperature overnight.
2. Manual Method: In a large bowl, combine the starter and the remainder of the dough ingredients, stirring till the dough starts to leave the sides of the bowl. Transfer the dough to a lightly greased surface, oil your hands, and knead it for 5 to 7 minutes, or until it's supple, but the surface is still somewhat rough. Transfer the dough to a lightly greased bowl or dough-rising bucket, cover the bowl or bucket, and allow the dough to rise for 90 minutes, turning it over and gently deflating it after 45 minutes.
3. Mixer Method: Combine the ingredients as above, using a flat beater paddle or beaters, then switch to the dough hook(s) and knead for about 5 minutes; the dough should have formed a ball, but its surface will still be a bit rough. Transfer the dough to a lightly greased bowl or dough-rising bucket, cover the bowl or bucket, and allow the dough to rise for 90 minutes, turning it over and gently deflating it after 45 minutes.
4. Bread Machine Method: Place all of the ingredients, including the starter, into the pan of your machine, program the machine for manual or dough, and press Start. When the cycle is finished, remove the dough, deflate it gently, and let it rest, covered, for 30 minutes.
5. Transfer the dough to a lightly greased work surface, and divide it into three pieces. Roll each piece into an 18-inch rope. Braid the ropes (tucking the ends under), set the braid on a lightly greased baking sheet, cover, and let rise it rise for about 60 to 90 minutes, or till it's very puffy.
6. Brush the braid with the egg white glaze. Sprinkle it heavily with sesame seeds. Bake the bread in a preheated 425°F oven for 25 to 35 minutes; the longer it bakes, the crunchier it'll be. Remove it from the oven and cool it on a wire rack (or cool it in the turned-off, door-propped open oven). Yield: 1 loaf.

Italian Bread

Flaky on the outside and soft on the inside, this bread recipe can also be used to make focaccia or pizza crust.

- 1 (1/4-ounce) envelope active dry yeast
- 1 teaspoon sugar
- 1 cup warm water (100° to 110°)
- 2 to 3 cups bread flour
- 2 tablespoons olive oil
- 1 teaspoon salt

Preparation

1. Combine yeast, sugar, and 1 cup warm water in bowl of a heavy-duty electric stand mixer; let stand 5 minutes. Add 2 cups flour, oil, and salt to bowl, and beat at low speed, using dough hook attachment, 1 minute. Gradually add additional flour until dough begins to leave the sides of the bowl and pull together. (Note: The dough will take on a "shaggy" appearance as the flour is being added. When enough flour has been added, the dough will look soft and smooth, not wet and sticky or overly dry with a rough surface.)
2. Increase speed to medium, and beat 5 minutes. Cover bowl of dough with plastic wrap, and let stand in a warm place (85°), free from drafts, 30 minutes or until doubled in bulk. Punch dough down, and let stand 10 minutes.
3. Turn dough out onto a lightly floured surface; shape dough into a 12-inch loaf, and place on a lightly greased baking sheet. Cut 3 (1/4-inch deep) slits across top of dough with a sharp paring knife. (The slits release interior steam and prevent the loaf from blowing apart at the side.)
4. Bake at 400° for 16 minutes or until golden brown. Cool on a wire rack.
5. Herbed Focaccia: Proceed with recipe as directed, shaping dough into a ball instead of a loaf. Roll dough into an 11- x 14-inch rectangle on a lightly greased baking sheet. Press handle of a wooden spoon into dough to make indentations at 1-inch intervals. Drizzle dough evenly with 1 tablespoon olive oil; sprinkle evenly with 1 teaspoon dried Italian seasoning. Bake at 475° for 12 to 15 minutes or until golden brown.
6. Pizza Crust: Proceed with recipe as directed, shaping dough into a ball instead of a loaf. Roll dough into an 11- x 14-inch rectangle on a lightly greased baking sheet. Drizzle with olive oil, or spread with pesto or pizza sauce, and sprinkle with desired toppings. Bake at 475° for 20 to 25 minutes.

Session Tested!

Artisan Bread

makes four 1 pound loaves.

- 3 cups lukewarm water
- 1-1/2 tablespoons granulated fast acting yeast (2 packets)
- 1-1/2 tablespoons kosher or other coarse salt
- 6-1/2 cups unsifted, unbleached all-purpose white flour (or 1/2 AP flour and 1/2 bread flour)

Directions

1. Warm the water slightly. It should feel just a little warmer than body temperature, about 100F.
2. Combine yeast and water in a 5 quart bowl or plastic container with a lid.
3. Mix in the flour and salt - kneading is unnecessary. Add all of the flour at once, measuring the flour by scooping it and leveling it off with a knife. Mix with a wooden spoon - do not knead. You're finished when everything is uniformly moist, without dry patches. This step is done in a matter of minutes. The dough should be wet and loose.
4. Allow to rise. Cover with a lid (not airtight). You want the gases to be able to escape a little. Allow the mixture to rise at room temperature until it begins to collapse (or at least flattens on top), about two hours. Longer rising times will not hurt dough. You can use a portion of the dough any time after this period. Fully refrigerated wet dough is less sticky and is easier to work with than dough at room temperature.
5. To bake: Shape your loaf. Place parchment paper on pizza peel or unrimmed baking sheet or turn a rimmed baking sheet upside down. Sprinkle the surface of your dough in the container with flour. Pull up and cut off a 1-pound piece of dough (about the size of a grapefruit). Gently stretch the surface of the dough around to the bottom on all four sides, rotating the ball as you go. Dust your hands with flour if needed. The top of the dough should be smooth - the object here is to create a "gluten cloak" or "surface tension". It doesn't matter what the bottom looks like, but you need to have a smooth, tight top. This whole step should take about 30 seconds! Place the dough onto your parchment paper.
6. Let loaf rise for 30 - 40 minutes (it does not need to be covered). If it doesn't look like it has risen much, don't worry - it will in the oven. This is called "oven spring".
7. Preheat baking stone (or flat pan) on the middle rack in the oven for at least 20 minutes at 450F. Place an empty rimmed baking pan or broiler pan on a rack below the baking stone. This pan is for holding water for steam in the baking step.
8. Dust the loaf with a little flour and slash the top with a knife. This slashing is necessary to release some of the trapped gas, which can deform your bread. It also makes the top of your bread look pretty - you can slash the bread in a tic tac toe pattern, a cross, or just parallel slashes. You need a very sharp knife or a razor blade - you don't want the blade to drag across the dough and pull it.
9. Set a cup of water next oven. Slide the bread (including the parchment paper) right onto the hot baking stone. Quickly pour the water right into the pan underneath the baking stone and close the oven door. This creates the necessary steam to make a nice crisp crust. Bake at 450F for about 30 - 35 minutes, depending on the size of your loaf. The crust should be a deep golden brown.



10. Allow the bread to cool for the best flavor and texture.
11. Store the remaining dough in the refrigerator in your lidded (not airtight) container for up to 14 days. Every day your bread will improve in flavor. Cut off and shape more loaves as you need them. When your dough is gone, don't clean the container. Go ahead and mix another batch - the remaining bits of dough will contribute flavor to the next batch, much like a sourdough starter does!

The Italian Dish — theitaliandishblog.com

Desserts

Italian Sponge Cake

- 6 eggs, separated
- 1 cup sugar
- 1 cup cake flour

Directions/Steps

1. Cut wax paper to fit two 8" or 9" round cake pans. Butter and flour pans.
2. Separate eggs, putting whites in large mixer bowl and yolks in small mixer bowl.
3. Add 1/2 cup sugar to whites and beat until very stiff.
4. Add 1/2 cup sugar to yolks and beat until very thick and light yellow in color.
5. Fold egg yolk mixture into egg whites. (JL: I use four yolks)
6. Fold in flour using 1/3 cup each time until well mixed. Do not over mix.
7. Pour into prepared pans.
8. Bake at 350F for approximately 30 minutes or until center is springy firm to touch.
9. Cool for a few minutes, remove from pan and remove wax paper.
10. Cool completely.
11. Fill with whipped cream and berries. Dust top with confectioner's sugar or drizzle a glaze of confectioner's sugar + vanilla + liquid (lemon juice, milk, water, etc.).



Adapted from <http://www.cookingwithnonna.com/italian-cuisine/3-ingredient-italian-sponge-cake.html>

Capri Lemon Cake

- 1 Tbsp. butter and a little flour to dust cake pan
- 1/4 cup almond flour
- 1-1/4 cup cake flour
- 1 teaspoon baking powder
- 1 stick butter (not unsalted), room temperature
- 3/4 cup sugar
- 2 eggs
- 1 teaspoon vanilla
- 1 lemon, zested and juiced (or two limes)
- 1/4 cup milk (JL: I used coconut milk)
- 1/4 cup powdered confectioner's sugar (JL: I cover with glaze)

Directions

- Prepare 8-inch or 9-inch round cake pan with parchment paper, butter, and flour.
- Preheat the oven to 350F.
- Mix the flours and baking powder in a small bowl and set aside.
- Cream butter and sugar together with a mixer until very white and fluffy. Add the eggs, one at a time, beating well after each addition. Add the vanilla, lemon zest and juice, and milk and blend. Add the flour mixture and beat until smooth.
- Pour into prepared pan and bake for about 20-25 minutes, just until the middle is set. Remove from oven and let cool for 10 minutes in the pan. Invert cake onto wire rack, with bottom side facing up. After cake is completely cooled, dust with confectioner's sugar or glaze (see below).
- This cake will last several days at room temperature. You may need to dust more powdered sugar on it every day, if you like.

Adapted from The Italian Dish (<http://theitaliandishblog.com>)

Session Tested!

Jack's Glaze: 1 cup confectioner's sugar, juice from 1 lime, 1 Tbsp. butter. Mix well, spread over cool cake.



Chocolate Zucchini Cake

- 2 medium zucchini, trimmed and grated (grate with box grater)
- 1 stick unsalted butter, at room temperature + 1 Tbsp.
- 2-3/4 cup flour
- 1/4 cup unsweetened cocoa, sifted
- 1-1/4 teaspoon baking soda
- 1 teaspoon salt
- 1-1/2 cup sugar
- 1/2 cup vegetable oil
- 2 eggs
- 1 teaspoon vanilla extract
- 1/2 cup buttermilk*
- 1/4 cup confectioners' sugar



Directions

1. Preheat the oven to 325F. Butter a deep 9" cake pan with 1 tablespoon of the butter.
2. Working in batches, put a small mound of the grated zucchini in center of a large square of double-layer cheesecloth or tea towel. Gather corners together and squeeze out as much water as possible from the zucchini. Transfer zucchini to a bowl and set aside. (You need approximately 2 cups of this squeezed zucchini. Do not obsess about the amount, though.)
3. Sift flour, cocoa, baking soda and salt together into a mixing bowl and set aside.
4. Beat together 8 tablespoons of butter and sugar in a large bowl with an electric mixer on medium speed until fluffy, 3-4 minutes. Add oil, beating well. Beat in one egg at a time, add vanilla, reduce speed to low and beat in flour mixture and buttermilk in 3 alternative batches. Gently fold in zucchini.
5. Pour batter into prepared pan and bake until toothpick inserted in center comes out clean, about 1 hour and 15 minutes (Start checking after 1 hour - baking time could be faster.) Remove from oven and set aside to cool for 15 minutes. Invert onto a rack to cool completely. Dust with confectioners' sugar.

Adapted from The Italian Dish (<http://theitaliandishblog.com>)

*If you don't have buttermilk, add 1/2 tablespoon vinegar or lemon juice to 1/2 cup milk (dairy or almond) and let sit for 15 minutes.

The Easiest Summer Fresh Fruit Pie

- 5–6 cups fresh fruit (berries, cherries, peaches, etc.)
- 1 cup sugar
- 3 Tbsp. quick tapioca
- 1 Tbsp. flour or cornstarch
- Juice of ½ fresh lemon
- Pinch of salt
- 9" Piecrust

Topping

- 1 cup butter
- ¾ cup white sugar
- ¼ cup brown sugar
- 1 cup all-purpose flour

Directions:

- Preheat oven to 350F to 400F (depending on oven).
- Clean and cut the fruit. Sprinkle the sugar and lemon juice on top. Mix.
- Add the tapioca and flour/cornstarch to the fruit and gently toss or stir.
- Place fruit-mixture into the pie shell and sprinkle with a pinch of salt.
- Make topping by combining topping ingredients with a pastry cutter or food processor. Sprinkle over pie mixture.
- Place pie pan on baking sheet (catch spills) and bake for 40 to 45 minutes, or until bubbly and crust is golden.
- Serve plain or with whipped cream or ice cream

Session Tested!

Notes:

You can bake the pie without the topping. Reserve half of the fruit. Add the thickening agents to the other half of fruit and place mixture in pie shell and bake at 350F. Once baked add the remaining fruit.



Fabio's – Mama's Sugar Cookies

- 2 $\frac{3}{4}$ cups all-purpose flour
- 1 $\frac{1}{2}$ tsp. baking soda
- $\frac{1}{3}$ tsp. baking powder
- 1 cup butter, softened
- 1 $\frac{1}{3}$ cups sugar
- 1 egg
- 2 tsp. vanilla extract

Directions:

1. Preheat oven to 350F.
2. In a small bowl, mix flour, baking soda, and baking powder and set aside.
3. In a large bowl, cream together the butter and sugar until smooth.
4. Beat in egg and vanilla until well combined.
5. Add the dry ingredients in two parts, mixing thoroughly between each addition. Mix the dough until the dough pulls away from the edges of the bowl.
6. Roll dough into one large log and wrap in plastic wrap and chill to firm for 30 minutes to slice into $\frac{1}{2}$ inch cookies. Place sliced cookies on baking sheet.
7. Bake 8 minutes, and rotate the pan, then bake another 8 min. in the preheated oven, or until golden. Let stand for a few minutes to make it easier to handle before removing to fully cool.

Session Tested!

Italian Cookies

Servings: 18

- 1/2 cup butter, softened
- 1/2 cup white sugar
- 3 eggs
- 2 teaspoons vanilla extract
- 1/2 tsp almond extract (JL)
- 3 cups all-purpose flour
- 3 teaspoons baking powder

DIRECTIONS:

1. Preheat oven to 350F. Grease cookie sheets.
2. In a large bowl, cream together the butter and sugar until smooth. Mix in the egg and vanilla.
3. Combine the flour and baking powder; stir into the creamed mixture until blended.
4. Divide dough into walnut sized portions. Roll each piece into a rope and then shape into a loop. Place cookies 2 inches apart on the prepared cookie sheets.
5. Bake for 8 to 10 minutes in the preheated oven, until firm and golden at the edges.

<http://allrecipes.com/Recipe/Italian-Cookies-I/Detail.aspx>

Italian Chocolate Meringue Cookies

- 3 egg whites – room temperature
- 1/8 tsp. salt
- 1 tsp. pure vanilla extract
- ¾ cup superfine sugar or caster sugar
- 3 Tbs. unsweetened cocoa powder

Directions:

1. Preheat oven to 250F. Place cooking rack in center of oven.
2. Half-sheet baking sheet or 2 smaller sheets with parchment paper and set aside.
3. Place egg whites into clean metal or glass (not plastic) mixing bowl or clean bowl of stand mixer.
4. Using a stand mixer or hand mixer, beat the egg whites on medium speed, until they get foamy.
5. Once foamy, add the salt. Continue to beat until soft peaks form. The mixture will look very light and foamy and when the whisk is lifted the meringue should briefly form a peak and then fall over.
6. With the mixer on medium-low, gradually add the sugar about 1 tablespoon at a time. Once half of the sugar has been added, scrape down the bowl and then rinse and dry the spatula to remove any sugar. Continue to add the rest of the sugar. Once all sugar has been added, scrape again and rinse and dry spatula. Beat until firm peaks form and meringue is smooth when you run it between your fingers.
7. With the mixer off, add the vanilla extract and then beat well to combine. With the mixer off, sift the cocoa powder evenly over the meringue. Cocoa powder usually has lumps and must be sifted. Turn the mixer on low and beat, until the cocoa powder just disappears. Using a rubber spatula, gently fold in any remaining cocoa powder by hand.
8. Secure the parchment to the baking sheet with a few dabs of the meringue on each corner.
9. If desired, spoon mixture into a piping bag with a wide star tip (JL: I use a 1M Wilton tip) or a plastic bag with the corner cut off.
10. Pipe or spoon the meringue onto the lined baking sheet, about 1 inch apart.
11. Place baking sheet on the center rack of preheated oven. After 45 minutes turn the oven off, but DO NOT open the door! Leave the meringues in the oven undisturbed for at least 4-6 hours or overnight, to allow them to completely dry out. Once the meringues have dried, remove from baking sheet and EAT! They can be stored at room temperature in airtight containers or plastic bags. Enjoy!!

<http://www.dishinwithdi.com/chocolate-meringue-cookies-recipe/>

Session Tested!

Whole Wheat Chocolate Chip Cookies

- 3/4 cup rolled oats
- 1 cup whole-wheat flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 cup butter, softened
- 1/4 cup canola oil or coconut oil
- 1/3 cup granulated sugar
- 1/3 cup brown sugar
- 1 large egg
- 1 teaspoon vanilla extract
- 1 cup chocolate chips

Directions

1. Preheat oven to 350°F. Coat 2 baking sheets with cooking spray.
2. Grind oats in a blender or food processor. Transfer to a medium bowl and stir in flour, baking soda and salt. Beat butter in a large bowl with an electric mixer until fluffy. Add oil, granulated sugar, brown sugar, egg and vanilla; beat until smooth and creamy. With the mixer running, add the dry ingredients, beating on low speed until just combined. Stir in chocolate chips.
3. Drop the dough by heaping teaspoons, at least 1 inch apart, onto the prepared baking sheets. Bake cookies, 1 sheet at a time, until firm around the edges and golden on top, about 15 minutes. Cool the cookies for 2 minutes on the baking sheets, then transfer to wire racks to cool completely.

Basic Fruit Cobbler

Bottom Layer

- About 4 cups fruit—any fruit (peach is a favorite)
- Lemon juice

Crunchy Topping

- 3/4 cup brown sugar
- 1-1/4 cups flour (I used white, but I'm sure whole wheat would work, too!)
- 3/4 cup rolled oats (quick or old fashion, not instant)
- 1 stick butter (1/2 cup), melted
- A pinch or two salt

Directions:

1. Preheat oven to 350F.
2. Clean and cut the fruit (unless it's berries, which you can leave whole).
3. Add the fruit to a casserole dish (one dish or individual ramekins). Optionally butter dish.
4. Toss the fruit with a bit of lemon juice from 1 lemon.
5. In a separate bowl, mix together the topping ingredients.
6. Sprinkle topping mixture over the fruit mixture.
7. Bake for 30 to 45 minutes until the fruit is bubbling.
8. Serve à la mode with vanilla ice cream.

Demonstrations

Seed Milk Smoothies (Kay Mercado)

To make seed milk:

1. Jar 1: Place 2 Tbsp. flax seeds in a glass jar with 2 cups distilled water and set aside.
2. Jar 2: Place 2 Tbsp. each of the following in another jar: sesame seeds, pumpkin seeds, and sunflower seeds and cover with water. Set aside.
3. Soak overnight (or soak during day to make milk in the evening and chill overnight).
4. Rinse the contents of Jar 2 and place rinsed seeds in blender container.
5. Add the liquid of Jar 1 to the blender container.
6. Blend.
7. Strain milk using cheesecloth or nut bag strainer. (JL recommends <http://www.homedepot.com/p/Trimaco-1-Gal-Elastic-Top-Strainers-2-Pack-11572-36WF/202061359>, \$2.50 / 2 bags at home depot)
8. Put strained milk and flax seeds from Jar 1 into blender container and blend until smooth.
9. Kay makes a double batch and divides the milk into 2 mason jars to be set for two days.

To make "One-a-Day" smoothie:

1. Add seed milk to blender container.
2. Add handful of greens (spinach, kale, romaine lettuce, etc.), a handful of sprouts, a banana, a pear and or mango (Kay adds a banana, a pear, and sometimes pineapple) to the blender container.
3. Add a squeeze of agave nectar (or honey) to container.
4. Blend until creamy and smooth.

Sprouting Supplies Suppliers

Local

Total Health Institute (Judy and Eva mentioned this location) **(Jars, Seeds)**

23 W. 525 Saint Charles Road
Wheaton, IL 60188
630-871-0000

Health Fit Labs **(Jars, Seeds)**

<https://www.healthfitlabs.com>

1600 W Lake St, Ste 103b
220 Addison IL 60101
(630) 563-0199
sales@healthfitlabs.com

The Fruitful Yield **(Jars, Seeds)**

www.fruitfuleield.com
2159 75th St, Darien, IL 60561
(630) 969-7614

Whole Foods Naperville **(Jars, Seeds)**

2607 W 75th St, Naperville, IL 60540
(630) 579-7700

Online

- Vitacost.com
- Amazon.com
- <http://www.wheatgrasskits.com>
- <http://www.luckyvitamin.com/p-7680-now-foods-sprouting-jar-with-stainless-steel-screen-64-oz>
- <http://sproutpeople.org/>
- <http://www.rawfoodplanet.com/KitchenLinks/SproutsWheatgrass-links.html>

Bag For Straining Nut Milks

Home Depot sells a "1 Gallon" mesh bag for paint straining that is commonly used in the raw food community for straining nut milks. And in fact, it is often resold for 5x the cost as a "nut" bag. I have used them for over a year with great success and the cost is nominal at \$1.25 a bag (2 in a package). They are available at all Home Depot locations and online. Trimaco 1-Gallon Elastic Top Strainers Model # 11572/36WF Internet # 202061359 Store SKU # 295859



<http://www.homedepot.com/p/Trimaco-1-Gal-Elastic-Top-Strainers-2-Pack-11572-36WF/202061359>