

Camp Combe Cooking 2019
Week 5: Italian Cuisine
Eggplant Rollatini
Monday Recipe

Eggplant Rollatini

Prep Time: 40 mins | Cook Time: 15 mins | Total Time: 1 hour
Serving: 6

Ingredients -Eggplant

3 medium-sized eggplants (about 4 pounds total)
Sea salt and freshly ground black pepper
Can vegetable spray
32 ounces ricotta cheese
2 large eggs, lightly beaten
1/2 cup shredded mozzarella
8 tablespoons grated Parmesan
3 tablespoons toasted pine nuts
20 basil leaves, chiffonaded
Extra-virgin olive oil, for drizzling
2 cups fresh tomato sauce, recipe follows

Ingredients -Simple Tomato Sauce

1 24 ounce can crushed tomatoes
3 teaspoons minced garlic cloves
3/4 teaspoon italian seasoning
1/4 teaspoon ground black pepper
1/4 teaspoon salt

Instructions -Eggplant

1. Preheat the grill pan and preheat the oven to 375°F
2. Place a rack over a large baking sheet. Cut the 2 ends off

the eggplants lengthwise, into ½ inch thick slices. Arrange eggplant slices onto rack. Sprinkle with sea salt to help remove excess moisture and any bitterness from the eggplants. Set aside for about 10 to 15 minutes.

3. Rinse off the salt from the eggplants and pat dry with a towel. Spray hot grill pan liberally with vegetable spray and

then place eggplant slices on the grill until lightly browned on each side and tender, about 4 minutes per side.

4. Remove slices from the grill pan and allow to cool.
5. In a large bowl, beat eggs until lightly scrambled. Most the ricotta in with the egg. Add mozzarella, 3 tablespoons of Parmesan cheese and toasted pine nuts and gently combine. Fold in basil just to combine. Do not overmix.
6. Place a tablespoon of the cheese mixture on 1 end of the eggplant and roll up tightly. Place the eggplant rollatini into a greased (with olive oil) 13" by 9" baking dish seam side down.
7. Continue with remaining eggplant. Evenly distribute the tomato sauce on top of the eggplant rollatini. Season with salt and pepper. Sprinkle with remaining 5 tablespoons of Parmesan cheese and bake for 15 minutes. When cooked, drizzle the top with extra-virgin olive oil.

Instructions -Tomato Sauce

1. Place all ingredients in a blender
2. Blend until smooth
3. Store in a jar with lid in the fridge for up to 7 days.

Camp Combe Cooking 2019

Week 5: Italian Cuisine

Stuffed Peppers

Tuesday Recipe

Stuffed Peppers

Prep Time: 15 mins | Cook Time: 1 hour 15 mins

Total Time: 1 hour 30 mins | Serving: 2

Ingredients -Peppers

2 large green bell peppers seeded and halved lengthwise

1 pound sweet italian sausage, casing removed

5 cloves of garlic, minced

1 teaspoon salt

½ teaspoon pepper

¼ teaspoon cayenne pepper

Fresh chopped chives for garnish

Finely grated asiago cheese for garnish

Ingredients -Sauce

1 small onion diced

8 ounce can tomato sauce

1 tablespoon balsamic vinegar

¼ teaspoon cayenne pepper

1 tablespoon olive oil

Ingredients -Rice

½ cup uncooked white rice

1 cup water

Instructions

1. **COOKING THE RICE**

Combine rice and water in a small sauce pot. Bring to a boil over high heat, then reduce to medium-low. Cover with

a lid and simmer until the rice is cooked and the liquid is absorbed, about 15 minutes.

2. **MAKING THE SAUCE**

Heat olive oil in a pot over medium heat. Add diced onions and cook until they soften, about 5 minutes, and transfer half of them to a bowl. Add in tomato sauce, balsamic vinegar, and cayenne pepper to the pan. Stir until combined, about 1 minute. Pour the sauce into a baking dish.

3. **STUFFING THE PEPPERS**

In a large bowl, combine and mix sausage, garlic, salt, pepper, and cayenne pepper. Stir in reserved onions and cooked rice.

Generously stuff the 4 bell pepper halves with this mixture.

4. **BAKING**

Place the bell pepper halves in the baking dish over the Sauce. Cover the baking dish with foil. Bake at 375°F for 45 Minutes. Remove the foil and continue baking until the meat and peppers are cooked about 10 minutes. Garnish with chives and asiago cheese.

Camp Combe Cooking 2019
Week 5: Italian Cuisine
Zeppole and Pesto
Wednesday Recipe

Zeppoles

Prep Time: 15 mins | Cook Time: 25 mins | Total Time: 40 mins

Serving: 35

Ingredients

2 quarts of vegetable oil, for frying
1 cup of all purpose flour
2 teaspoons of baking powder
1 pinch of salt
1½ teaspoon of granulated sugar
2 eggs, beaten
1 cup ricotta cheese
¼ teaspoon of vanilla extract
½ cup of powdered sugar

Instructions

1. Heat oil in a deep frying to 375°F.
2. In a medium saucepan, combine the flour, baking powder, salt and sugar. Stir in the eggs, ricotta cheese, and vanilla. Mix gently over low heat until combined. Batter will be sticky.
3. Drop by tablespoons into the hot oil a few at a time. Zeppole will turn over by themselves. Fry until golden brown, about 3 to 4 minutes. Drain in a paper sack and dust with powdered sugar.
4. Serve warm

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Zeppole and Pesto
Wednesday Recipe

Pesto

Prep Time: 15 mins | Yield: 1 cup

Ingredients

2 cups fresh basil leaves, packed
1/2 cup freshly grated Parmesan
1/2 cup extra virgin olive oil
1/3 cup pine nuts
3 garlic cloves, minced
1/4 teaspoon salt
1/8 teaspoon freshly ground black pepper

Instructions

- PULSE BASIL AND PINE NUTS IN A FOOD PROCESSOR**
Place the basil leaves and pine nuts into the bowl of a food processor and pulse a several times.
- ADD THE GARLIC AND CHEESE**
Add the garlic and Parmesan cheese and pulse several times more. Scrape down the sides of the food processor with a rubber spatula.
- STREAM IN THE OLIVE OIL**
While the food processor is running, slowly add the olive oil in a steady small stream. Adding the olive oil slowly, while the processor is running, will help it emulsify and help keep the olive oil from separating. Occasionally stop to scrape down the sides of the food processor.
- STIR IN SALT AND FRESHLY GROUND BLACK PEPPER**

Camp Combe Cooking 2019

Week 5: Italian Cuisine

Creamy Lemon Parmesan Chicken and Caprese Pesto Risotto

Thursday Recipe

Creamy Lemon Parmesan Chicken

Prep Time: 10 mins | Cook Time: 20 mins | Total Time: 30 mins

Serving: 4

Ingredients -Chicken

2 chicken breasts halved horizontally to make 4

2 tablespoons all purpose flour

2 tablespoons finely grated fresh parmesan cheese

1 teaspoon salt

Cracked pepper

Ingredients -For The Sauce

1 tablespoon olive oil

2 teaspoons butter

2 tablespoons minced garlic

1 ¼ cup chicken stock

½ cup heavy cream

⅓ cup finely grated fresh parmesan cheese

1 teaspoon cornstarch

1 lemon, juiced

2 tablespoons fresh parsley

Instructions

1. In a shallow bowl, combine the flour and parmesan cheese. Season the chicken with salt and pepper; dredge in the flour mixture; shake off excess and set aside.
2. Heat 1 tablespoon of oil and 2 teaspoons butter in a large skillet over medium-high heat until butter has melted and

- pan is hot. Fry the chicken until golden on each side and no longer pink (about 3-4 minutes, depending on the thickness of your chicken). Transfer onto a warm plate.
3. Add the garlic to the oil in the pan (spray with a light coating of oil if needed) and fry until fragrant (about 1 minute). Reduce heat to low-medium heat, add the broth and cream.
 4. Bring the sauce to a gentle simmer, season with salt and pepper to your taste; add in the parmesan cheese and capers. Continue cooking gently for about 2 minutes until thicker. (If the sauce is too runny for your liking, add the cornstarch/water mixture into the centre of the pan and mix through fast to combine into the sauce. It will begin to thicken immediately.
 5. Pour in the lemon juice, allow to simmer for a further minute to combine. Add the chicken back into the pan, allow to simmer gently in the sauce for about a minute to soak up all of the flavors in the sauce.
 6. Serve with the sauce over pasta, steamed vegetables, zucchini noodles, or rice. Top with extra capers to garnish, lemon slices, and parsley.

Caprese Pesto Risotto

Cook Time: 20 mins | Serving: 46

Ingredients

6 ounces cherry tomatoes

4 ounces fresh mozzarella balls
¼ teaspoon dried basil
6 tablespoons butter
2 tablespoons red onion, finely diced
1½ cups arborio rice
6 cups vegetable stock
¾ cup freshly grated parmesan cheese
¾ cup basil pesto
Salt
Black Pepper

1. Place the stock in a small pot and heat over medium low. You make the stock to be warm when adding it to the risotto so that the temperature change does not affect the rice.
2. Make your pesto if it is not done already
3. Halve the cherry tomatoes and place in a small bowl with the mozzarella balls. Drizzle with olive oil. Add the ¼ teaspoon dried basil and a pinch of salt. Combine and refrigerate to marinate while cooking the risotto.
4. In a large pot, melt 3 tablespoons of the butter over medium heat. When melted, add the red onion. Cook until the onion is translucent but not yet browning, approximately 3-5 minutes.
5. Add the rice and stir. Continue cooking to slightly toast the rice until it is just starting to show a little brown color, approximately 3-5 minutes.

6. Add the white wine to the pot. Cook until the rice is almost dry,
where most of the wine has been absorbed.
7. Add one cup of stock to the rice. Stir continuously until most of the
stock has been absorbed. Repeat this process 1/2 cup of stock at
a time until the rice is cooked thoroughly. You want the rice to have
just a little bit of bite left so that it is not completely mushy.
Depending on your rice, you may need more or less stock for the
right consistency so start tasting the rice after 4 cups.
8. When your rice is cooked through, remove the pot from the heat.
Add the rest of the butter, the Parmesan cheese, and pesto sauce.
It is important to do this before adding salt and pepper because the
cheese is salty. Stir to combine.
9. Taste the risotto and season with additional pesto, salt, and pepper
as desired. Top the risotto with the tomato and mozzarella mixture
(if you mix it in, the mozzarella will melt). Garnish with toasted pine
nuts if desired for an extra crunch. Serve immediately.

Camp Combe Cooking 2019
Week 5: Italian Cuisine
Spaghetti and Meatballs with Tomato Sauce
Friday Recipe

Italian Meatballs

Prep Time: 15 minutes | Total Time: 20 minutes | Total Time 35 minutes
Serving: 24 meatballs

Ingredients

1 lb ground chuck 85/15
½ lb ground pork
2 eggs, whisked
4 slices of Italian bread
1 cup Italian seasoned bread crumbs
4 tablespoons grated parmesan
½ teaspoon garlic salt
1 teaspoon salt
Pinch of black pepper
2 tablespoons fresh chopped parsley

Instructions

1. Preheat oven to 375°F
2. Soak the bread in cold water for about five minutes ringing out the excess water and pulling the bread apart with your fingers.
3. Combine the meat, eggs, and parsley in a large bowl. Add the bread. Then add the dry bread crumbs, parmesan, garlic salt, and salt.
4. Using a cookie scoop, scoop out the meatballs onto wax paper and then roll them into consistent balls on a baking sheet. Bake for 15 to 20 minutes or until you can cut the meatball in the middle of the rack and not see pink.

Spaghetti

1. Cook spaghetti as directed on the box

Tomato Sauce

Prep Time: 3 minutes | Total Time: 30 minutes | Yields 3 cups

Ingredients

1 24 oz can crushed tomatoes
3 garlic cloves, minced
 $\frac{3}{4}$ teaspoon Italian seasoning
 $\frac{1}{4}$ teaspoon ground black pepper
 $\frac{1}{4}$ teaspoon salt

Instructions

1. Place all ingredients in a blender.
2. Blend until smooth
3. Store in a jar with lid in the fridge for up to 7 days