



Summer Super Supper

- Menu -

Homemade Ricotta Cheese
With Toasted Crostini, Arugula and Prosciutto

Goat Cheese, Strawberry and Walnut Salad
With Vinaigrette

Homemade Zucchini Pasta Sauce with Spaghetti

Cocktail: Aperol Spritz

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Shopping List

Dairy/Freezer

- 4 cups whole milk
- 2 cups heavy whipping cream
- 4 ounces goat cheese
- Parmesan cheese for garnish

Pantry

- 1 TSP kosher salt
- 3 TB white wine vinegar
- 2 TB red wine vinegar
- 1 cup walnut halves
- 1 TB coconut oil

Produce

- 2 TB minced chives
- 2 cups fresh basil
- 2 cups sliced strawberries
- Bag of mixed salad greens
- 3 Lemons
- 3 cloves garlic
- 3 TB olive oil
- 1 medium onion, chopped, about 1 cup
- 2 medium zucchini, about 1 pound
- 1 box favorite pasta
- 1 orange

Protein

- 3-ounce package prosciutto

Spices

- 3 TB everything but the bagel seasoning
- Kosher salt
- Black pepper

Specialty

- 1 loaf baguette
- Cheesecloth
- ¼ cup tahini
- 1/3 cup coconut cream
- 2 ounces (4 TB) Aperol
- ¼ cup Prosecco
- 1 ounce (2 TB) sparkling water or club soda

*Ingredient list includes enough for 1 cocktail. See recipe to make more.

Equipment

Baking

- Rimmed baking pans

Electric

- Blender

Pots and Pans

- Large skillet
- Saucepan

Utensils

- Chef's knife
- Cutting board
- Fine mesh sieve
- Measuring cups and spoons
- Mixing bowls
- Mortar and pestle
- Pastry brush
- Whisk

Mis en Place

The French culinary term for “everything in its place”

In order to have a smooth cooking experience, I recommend that you retrieve all the equipment you will need for the class before we begin. In addition, if you have time, group your ingredients by recipe. Most chefs place their components on sheet pans – this is ideal if you have the room.

- Cut a piece of cheese cloth to cover the sieve

Homemade Ricotta

Makes 2 cups

4 cups whole milk
2 cups heavy whipping cream
1 TSP kosher salt
3 TB white wine vinegar

In a large pot combine the milk, cream, and salt over medium heat. Bring it to a rolling boil, should take about 20 minutes. Stir occasionally. Turn off the heat and add the vinegar. It will curdle and separate in about 1 minute.

Prepare a cheesecloth lined sieve over a large glass bowl. Pour the curdled milk into the sieve and drain for 20 – 25 minutes. The longer it drains the thicker and drier it will be.

You can use it immediately or chill it and save it up to 4 days.

Herbed Ricotta

2 cups ricotta cheese
2 TB minced chives
2 TB minced basil
1 TSP kosher salt

Combine all ingredients in a medium bowl and serve on toasted baguette.

Crostini Appetizer

1 loaf baguette, sliced
Olive oil
3-ounce package prosciutto
Herbed ricotta cheese
Arugula or fresh basil for garnish

Heat oven to 375°.

Lay slices of bread on rimmed baking sheet and brush one side with olive oil. Bake 6 – 8 minutes until crisped.

On top of the bread, layer the ricotta cheese, then prosciutto and top with arugula or fresh basil.

Goat Cheese Balls, Strawberries and Walnut Salad

Serves 4

4 ounces goat cheese
1 cup walnut halves
2 cups sliced strawberries
Bag of mixed salad greens
3 TB everything but the bagel seasoning
Lemon-garlic vinaigrette

Shape the goat cheese into 12 1" round balls. Roll each ball in the everything but bagel seasoning. Toss the salad greens with the vinaigrette. On a salad plate mound the lettuce and top with strawberries, walnuts and goat cheese.

Lemon-Garlic Vinaigrette

Makes ½ cup

2 TB Red Wine Vinegar
2 TB Lemon Juice
1 clove garlic minced
¼ tsp salt
3 TB olive oil
2 sprigs basil, chopped

In a mortar and pestle mash the garlic and salt together. Place the mixture in a small bowl and whisk in the vinegar and lemon juice. Add the olive oil and whisk. Julienne the basil leaves and add them at the end.

Fresh Zucchini Lemon Sauce and Spaghetti

Serves 4

Sauce

1 TB coconut oil

1 medium onion, chopped, about 1 cup

2 medium zucchini, about 1 pound, sliced thinly and then halved

2 cloves garlic

¼ TSP salt

1/8 TSP pepper

1 cup basil leaves, lightly packed

¼ cup tahini

1/3 cup coconut cream

Juice from 2 lemons

1 box favorite pasta

Parmesan cheese for garnish

In a large skillet, melt the coconut oil. Add 1 cup chopped onions. Cook four minutes, then add the garlic and all the zucchini, cook for an additional 10 minutes or until the vegetables are completely soft

Place the vegetable mixture in a blender, add 1 cup lightly packed basil leaves, the tahini the coconut cream and juice from two lemons. Process until smooth.

Place the puree back in the skillet, heat over low heat and add pasta water to reach desired consistency.

Heat a large pot of salted water. Cook the pasta according to the box directions. Save some of the pasta water to toss with the sauce.

Combine the sauce and pasta, tossing to coat. Garnish with parmesan cheese.

Aperol Spritz

Makes 1 cocktail

2 ounces (4 TB) Aperol

¼ cup Prosecco

1 ounce (2 TB) sparkling water or club soda

1 slice of orange

Ice cubes

In a large wine glass with ice pour in the Aperol, prosecco and club soda. Stir gently with a spoon to combine. Garnish with an orange slice.