

TAKE BACK THE KITCHEN

Spring 2017 WGS 486

Jan 23, 2017

Pasta e Fagioli *Peggy's famous French bread* *Torti di Ricotta*
Lemon honey dressing *Janice's Apple Salad*



Pasta e Fagioli (borrowed from *Peggy Patrick*)

Ingredients:

3 Tbs. olive oil
1 large onion, chopped
2 carrots, sliced into half-moons
2 stalks celery, chopped
2 cloves garlic, minced
¼ cup chopped fresh parsley
2 small zucchini, sliced into half-moons
Oregano (optional)
Freshly ground black pepper to taste
½ pound spinach (or 5 leaves of chard, tough stems removed, and coarsely chopped)
2 Tbs. chopped fresh basil leaves (1 tsp. dried)
3 cups chopped plum tomatoes with liquid (28 oz. can)
15 ounce can cannellini (white kidney beans with liquid (or 1 cup cooked dried beans)
1 pound short, chunky pasta (ziti, spirals, penne)
Grated Parmesan (optional)

Directions:

1. Heat olive oil in a large pot. Sauté the onion, carrots, and celery for a few minutes.
2. Add the garlic, zucchini, and any dried herbs you are using. Sauté, stirring occasionally.
3. A few minutes later, add the spinach or chard and cook until just wilted. Mix in the tomatoes and white beans.
4. Add water to make it the consistency you like. Flavor with parsley, fresh herbs, and black pepper.
5. Simmer gently for 15-20 minutes while you cook the pasta.
6. Cook the pasta al dente in a large pot of boiling water. Then drain. In individual bowls, serve past topped with the soup. If desired, top with grated parmesan and drizzle on a little olive oil.







Torti di Ricotta (borrowed from Anna Thomas' *Vegetarian Epicure I*)

Ingredients:

- 2 cups. whole Ricotta cheese
- ½ tsp. almond extract
- 1 cup of sugar
- 2 Tbs. lemon zest
- 4 eggs
- 5 Tbs. almonds, chopped
- 1 tsp. baking powder

Crust:

- 1.5 sticks of real butter
- 2 Tbs. water or cognac
- 2 cups unbleached white flour
- ¼ tsp. baking powder



Directions:

1. In an electric mixer, beat eggs until fluffy.
2. Slowly add sugar until mixture is thick.
3. With a wooden spoon, mix in ricotta cheese, almonds, almond extract, and lemon zest; pour into prepared pie crust.
4. Bake for 45 minutes in a 375° oven. Put sifted confectioner's sugar over top of pie.

Making the pie crust:

1. Put flour into mixing bowl, and cut ½ cup (one stick) of butter into the mixture, until the mixture forms small crumbs.
2. Add water or cognac; form into a ball and press into a pie shell.
3. When ricotta cheese mixture is put into pie shell, mix the remaining butter and flour like above, but this time roll out the pie crust between two pieces of wax paper; cut strips and put the strips on top of pie, in crisscross manner.
4. When pie cools after baking, shake sifted confectioners' sugar over top. (This will hide the imperfections of the top crust!)

Preparation time: 1.5 hours. Serves 8-10.



Apple Salad with Shallot Dressing

Ingredients:

- 2 tsp. olive oil
- 1 large shallot, finely chopped (¼ cup)
- ¼ cup balsamic vinegar
- 2 Tbs. honey
- 1-2 cups spinach or salad mix
- 1 apple, thinly sliced
- 3 oz. goat cheese, crumbled (¾ cup)
- 1 cup dried cranberries
- ½ cup sliced almonds

Directions:

1. Warm oil in small skillet over low heat. Add shallot, and sauté 4 minutes, or until soft. Remove from heat, and stir in balsamic vinegar and honey. Season with salt and pepper to taste.
2. Combine spinach and apple in large salad bowl. Drizzle with half of dressing; toss to coat.
3. Divide among six plates. Top with goat cheese, cranberries, almonds, and remaining dressing.

Preparation time: 30 minutes. Serves



Lemon Honey Dressing

Ingredients:

- 1/3 cup honey
- 1/3 cup olive oil
- 1/3 cup fresh squeezed lemon juice.
- Salt and pepper to taste.

Directions:

1. Take a glass jar and measure out olive oil, followed by honey (when you put the honey in a measuring cup, after oil, it will not stick to the sides), followed by lemon juice. Shake the jar vigorously.
2. Makes a full cup of salad dressing.
3. Pour over salad greens and vegetables of your choice.

Preparation time: 10 minutes. Serves 10 salads.



Peggy's Famous French Bread

Ingredients:

- 6 cups of unbleached white flour
- 1 Tbs. honey
- 3 cups lukewarm water

- 1 Tbs. salt
- 3 packages of yeast

Directions:

1. Put the water in a small bowl; add salt, honey and yeast, and stir well. Leave for 20 minutes.
2. Turn over to 450°; place a pan of water on lower rack of oven.
3. Put six cups of flour in a bowl. When yeast mixture has risen substantially (20-25 minutes), stir yeast mixture into flour with a wooden spoon.
4. Form four loaves of bread and place them into 2 oiled French bread pans (See photo of bread pans.). Loaves will be wet and will not hold their shape; however, the bread pans hold the shape of the bread. Sprinkle sesame seeds over loaves. Cover loaves with tea towel for 20 minutes, (or until they rise fully).
5. Make an egg white mixture by cracking an egg and saving white only. Beat egg white with a fork for one minute, and spread mixture over loaves with a pastry brush. Be sure to wait until loaves have fully risen.
6. Place loaves in the oven, one the same rack. Check the water in the oven, refill if necessary (this is best done after putting tea towel on loaves while rising).
7. Bake loaves for 20 minutes. If you wish to freeze part or all of the four loaves, bake for 15 minutes only. Let loaves cool in pan for five minutes, and then let them fall out of pan, with bottom side of bread facing up to cool.

Preparation time: one hour, start to finish! Servings: 4 loaves, 4 persons per loaf.

