Vegetable and Pasta Recipes

The Chef & The Garden Cooking Class - Summer 2012
From the kitchen of Chef Robert Donis

Stir Fry Snow Peas
1/4# Snowpeas
1/8” Ginger, smashed
1tea Oil
1T Cashews, Roasted
1/2ea Garlic Clove, Minced
1/2Tbl Sesame Seeds
1/4tea Sesame Oil
1Tbl Soy Sauce
2tea Water

MOP: Roast Cashew nuts. Heat oil and ginger in saute pan over medium heat. Add garlic and cook for 30 seconds. Add snowpeas and stir fry for 1”. Add the rest of the ingredients and cook until snowpeas are crisp tender.

Swiss Chard with Olive Oil and Garlic
1/4 # Swiss Chard
1.5T Olive oil
1ea Garlic, Smashed
1/4tea Red pepper flakes
TT Salt and Pepper

MOP: Cut leaves away from stem. Cut stem lengthwise in 1/2. Then cut into small dice. Cut leaves into 1/2” strips. Heat oil with garlic over medium high heat. Remove garlic when it starts to brown. Lower heat and add red pepper flakes. Cook for 15 seconds and add swiss chard. Raise heat to medium. Cook for 4” to 6”.

Pasta
2C AP Flour
3ea Extra Large Eggs, Beaten with a fork

MOP: Put flour in food processor add beaten Eggs in a steady stream. Let rest before rolling out. Flatten dough and knead through the pasta machine.

Semolina Pasta for flat pasta
10oz Semolina, extra fancy
4oz Cool water

MOP: Mound the flour to form a circle. Add water to the center and mix with a fork. Knead until dough loses its stiffness and feels smooth. Let dough rest for 1.5hrs.