

UVHS Learning Through Enrichment



Try Italian Cookery!

**Always ask permission before cooking
and work with an adult 😊**

Scaloppine al limone

Chicken escalopes with lemon

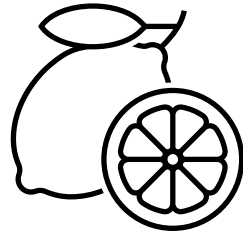
Ingredients:

Chicken breasts

Flour

Lemon Juice

Butter



Slice chicken then beat slices until thin. Dust in flour. Fry in butter until cooked then add lemon juice and seasoning

Patate al forno con aglio e rosmarino

Garlic and rosemary roast potatoes

Ingredients:

Potatoes

6 cloves of garlic

Finely chopped rosemary

Sunflower oil



Peel, wash and dry potatoes. Cut into small cubes. Finely chop rosemary with salt. Heat oil in oven. When hot add potatoes, whole unpeeled cloves of garlic and sprinkle with rosemary. Cook for approx. 40 mins until crisp.

Pasta con salsicce e finocchio

Sausage and fennel pasta (Serves 4)

Ingredients:

500g Lincolnshire sausages (or other herby sausages)

3 cloves garlic crushed

2 red chillies (I use birds eye)

1 tin tinned tomatoes

Dessert spoon fennel seeds ground in mortar and pestle

100g pasta per person

Splash white wine (optional)

Extra virgin olive oil

Parmesan cheese



Remove sausage from casing. Gently cook in olive oil (breaking up sausages) with fennel seed, garlic and chilli until browned. Add wine and cook for further 2 minutes. Add tomatoes and seasoning and cook for approx. 20 mins. Cook pasta and serve with sauce and lots of grated Parmesan cheese.

Pasta con zucchini

Courgette pasta (Serves 4)

Ingredients:

2 large courgettes or 3 / 4 smaller ones

3 cloves garlic crushed

Extra virgin olive oil

2 red chillies (I use birds eye)

Fresh basil (optional)

100g pasta per person

Parmesan cheese



Chop courgettes into small cubes. Cook in lots of olive oil with garlic and chillies until soft. Season to taste, add chopped basil and a tablespoon of pasta cooking water then serve with pasta and lots of grated parmesan cheese

**As many of you know
my heritage is Italian
and, like all Italian
families, we love to sit
around a table, eat
lots of delicious food
and chat! My passion
is cooking so here are
some recipes to try. I
find it very relaxing
and creative.**



Recommended by: Mrs Desbottes



Don't forget to share your progress on Teams 😊