



SESSION ONE

FRESH CHEESE

- 1 litre whole milk, preferably unhomogenised
- 2 plain junket tablets
- Salt and pepper

1. With a fork, squash the tablets & dissolve them with a few drops of water.
2. Meanwhile heat the milk until lukewarm, stir in the junket, salt & pepper & stir briefly.
3. Remove from the heat. Leave undisturbed for about 30 mins, until the curds separate from the whey.
4. With a slotted spoon, scoop the curds into a muslin lined basket, sitting on a rack.
5. Cover with a small plate & weight on top. It will take several hours to set so leave in refrigerator.

Serve with a tomato & dried oregano salad or oily preserves such as funghi sott'olio. Recipe to follow.

FUNGI E FAGIOLINI SOTT'OLIO MARINATED MUSHROOMS & GREEN BEANS

- 2 cups White Wine Vinegar
- 1 cup white wine
- 1 cup water
- 4 fresh bay leaves
- Salt to taste
- 1 kg mushrooms, wiped clean or
- 1 kg French beans, topped and tailed
- Extra Virgin Olive Oil
- 4 cloves garlic, cut in half
- 1 orange, zested & juiced
- 1 red chilli, shredded

1. In a large saucepan, bring to boil the vinegar, water and wine.
2. Add the bay leaves, salt and mushrooms.
3. Bring to boil and simmer for 5 minutes. Drain, stem-side down.
4. Sterilise a jar or two and pour some olive oil into them.
5. Put in a layer of mushrooms, 1 bay leaf, a sliver of chilli and half a clove of garlic, cover with oil and proceed until the jar is full.
6. Press vegetables down with back of a spoon so no air is trapped. Oil must always cover the final layer of vegetables.
7. Use the same pickling liquid to blanch French beans (or asparagus or strips of red capsicum). Proceed as above but flavour with the zest and juice of an orange and cover generously with oil

ZUCCHINI ALLA SCAPECE

2 kg zucchini, sliced and salted and allow to dry slightly in the sun

I&M Mercato Olive Oil for frying

A bunch of fresh mint

2 tablespoons I&M Mercato Olive Oil

1 tablespoon Terra Maris wine vinegar

1 clove garlic, sliced

1. Pat dry the zucchini then fry in olive oil until brown, place in a bowl.
2. Tear the mint leaves off the stem and scatter them whole among the zucchini, add the oil and vinegar and garlic and mix well.

MELANZANE ALLLA PARMIGIANA

3 eggplant sliced very thinly

salt

flour

4 eggs

oil for frying

FOR THE SAUCE

2 cans peeled plum tomatoes

1 clove garlic, crushed

4 tablespoons olive oil

300 g mozzarella cheese

50 g parmesan

fresh basil leaves

salt and pepper

1. Slice the eggplant about 1 cm thick, sprinkle with salt and weigh down for an hour.
2. Wipe dry and dust in flour.
3. Beat the eggs, season and dip the floured eggplant slices in the egg, then fry in hot oil until brown on both sides. Drain on paper.
4. To make the tomato sauce, heat the oil add the tomatoes and cook only until the juices have evaporated. Add the garlic.
5. Smear the bottom of an ovenproof dish with sauce, put down a layer of eggplant slices, cover with some slices of mozzarella and a sprinkling of parmesan. Continue to layer, finishing with sauce dotted with parmesan.
6. Bake at 180C for 15-20 minutes. Serve at room temperature.

SESSION TWO

VIETNAMESE CHICKEN SALAD WITH TART RELISH

2 carrots, sliced finely on the diagonal

cabbage, sliced finely

Vietnamese mint

Coriander leaves

Mint leaves

Roasted chopped peanuts

Chicken, boiled and shredded

1. Mix herbs together and chop.
2. Add all other ingredients and squeeze 1 lemon over the salad and mix again with the following sauce
3. SAUCE to taste
3 tablespoons Fish sauce

2 tablespoons sugar
2 tablespoons lemon or lime juice
2 tablespoons water
1 clove garlic, minced
fresh chilli

TART CUCUMBER RELISH

1/2 cup vinegar
1/3 cup sugar
1 tablespoon salt
3 lebanese cucumber, quartered and sliced
2 shallots, sliced lengthwise
2 small chillies, chopped
coriander leaves

1. Mix vinegar, sugar and salt until dissolved.
2. Add cucumber, shallot and chilli and garnish with coriander leaves.
3. Pile the salad on a large platter and garnish with the tart cucumber relish and extra roasted chopped peanuts.

JELLY BERRIES

2-3 punnets of fresh mixed berries, seedless red grapes, small plums halved and stones removed
500 ml clear apple juice
6 sheets gelatine or gelatine powder

1. Gently warm the juice in a saucepan.
2. Soften the gelatine sheets in cold water for 2 minutes then dissolve in the juice.
3. Swirl a small quantity of this juice around an attractive mould.
4. Put the berries into the mould then fill with the liquid.
5. Allow to set in the refrigerator for 3-4 hours or overnight.
6. Unmould by dipping the mould briefly in warm water then up end onto a plate.
7. Serve with whipped cream.

SESSION THREE

KABAK MUCVERI

TURKISH ZUCCHINI FRITTERS WITH HERBS AND CHEESE

2 big firm zucchini, grated and squeezed dry
1/2 bunch of spring onions, chopped
4 eggs
3-5 tablespoons plain flour
200 g white feta cheese
large bunches of dill, parsley and mint, chopped
1 teaspoon red pepper flakes
salt and freshly ground black pepper
oil for frying
yoghurt, mixed with crushed garlic

1. In a large bowl, beat the eggs with the flour to a smooth batter.
2. Add the cheese, herbs, red pepper, zucchini and finely chopped spring onions.
3. Season with a little salt and pepper. Let mixture rest for about 10 minutes.
4. Cook tablespoonful amounts in oil until golden and cooked through.
5. Drain on kitchen paper and serve hot or cold with garlic-yoghurt.

ESPRESSO COFFEE BARS

3/4 cup very strong coffee, cooled
2 cups self raising flour
1/3 cup finely chopped almonds
150 g unsalted butter
3/4 cup soft brown sugar
2 eggs, lightly beaten

1. Preheat oven to 180C.
2. Grease and line two 26 x 8 x 4.5 cm bar tins.
3. Sift flour into a large mixing bowl. Add almonds. Make a well in the centre.
4. Melt butter and sugar in a small saucepan, but do not allow to boil.
5. Add this to the flour and almonds, next, add coffee and beaten eggs.
6. Using a wooden spoon, stir until combined, do not overbeat.
7. Divide the mixture evenly between the prepared tins and bake for 35 minutes.
8. Allow to cool and dust with cinnamon sugar made by mixing equal parts raw sugar and cinnamon powder.