



Pasta

Italian Chicken Pasta Toss

Prep time: 20 minutes

Cook time: 15-20 minutes

Servings: 6

Ingredients

6 ounces uncooked bow tie pasta (about 3 cups)

2 plum tomatoes, seeded and diced

1 small onion, chopped

1 medium zucchini, sliced

1 small yellow or red bell pepper, cut into thin strips

½ pound boneless, skinless chicken breasts cut into 1-inch strips

2 teaspoons olive oil

2 large garlic cloves, pressed

½ cup frozen peas

1 teaspoon Pantry Italian Seasoning Mix

1 teaspoon salt

1 ounce (1/4 cup) grated fresh Parmesan cheese (optional)

1. Cook pasta according to package directions; drain and keep warm.
2. Meanwhile dice tomatoes and chop onion. Slice zucchini and cut bell pepper into thin strips. Cut chicken crosswise into 1-inch strips.
3. Heat oil in Stir-Fry Skillet over medium-high heat until hot. Press garlic into skillet. Add chicken. Stir-fry 5 minutes or until chicken is no longer pink. Reduce heat to medium. Add onion, zucchini, bell pepper, peas, seasoning mix and salt; stir-fry 2 minutes. Add tomatoes, heat 1-2 minutes, stirring gently until heated through. Remove from heat.
4. Stir in warm pasta. Grate Parmesan cheese; sprinkle over pasta. Serve immediately.



Pasta

Pasta Salad with Pepper

Servings: 4-6

Ingredients

1 lb (500 g) pasta bows

Salt and black pepper

1 red bell pepper, cored, seeded,
and diced

1 green bell pepper, cored, seeded,
and diced

3 green onions, sliced diagonally

4 tbsp mayonnaise

Green onion tops, sliced, to garnish

1. Cook the pasta bows in a large saucepan of boiling salted water for 8-10 minutes until just tender.
2. Drain, rinse under cold running water, and drain again. Leave to cool.
3. Put the pasta, peppers, and green onions into a salad bowl. Add the mayonnaise, stir to coat all the ingredients evenly, and then chill for 30 minutes. Garnish with green onion tops before serving.

Pasta Salad with Snow Peas & Sesame Seeds

Substitute 4 oz. blanched snow peas for the red and green peppers. Omit mayonnaise. Mix together 2 tbsp white wine vinegar, 1 tbsp sunflower oil and 1 tsp sesame oil, and pour over the salad. Taste for seasoning. Substitute 2 tbsp toasted sesame seeds for



Pasta

Ravioli

Basic Pasta Dough

Serves 3

Ingredients

- 10 oz (300 g) Italian “00” flour,
Or white bread flour
- 3 eggs
- 1 tsp salt
- 1 tbsp olive oil

Sift the flour into a mound on a work surface. Make a well in the middle of the flour and add the eggs, salt and oil. Using your fingertips, gradually draw the flour into the egg mixture until a sticky ball of dough is formed.

Knead the dough on a floured work surface for 10 minutes or until the pasta dough is smooth and no longer sticks to the work surface.

Shape the dough into a ball, put into an oiled plastic bag, and leave to rest at room temperature for about 30 minutes.

Roll out the dough very thinly on a lightly floured work surface into a 15 in (37cm) square. Leave the pasta uncovered for about 20 minutes to dry out slightly. Cut the pasta in half, fill and cook ravioli.

Ricotta & Spinach Stuffed Ravioli

Ingredients:

- ½ cup ricotta cheese
- ½ cup grated Parmesan cheese
- 1 egg, beaten
- ¼ tsp grated nutmeg
- 8 oz spinach leaves, cooked,
squeezed dry and chopped
- salt and black pepper
- 2 tbs butter to serve

Directions:

Beat together the ricotta, half of the Parmesan, the egg, nutmeg and spinach. Season with salt and pepper.

Fill and cook the ravioli. Serve with butter, the remaining Parmesan and black pepper.

Crab & Shrimp Stuffed Ravioli

Ingredients:

- 3 oz (90g) cooked white crabmeat, flaked
- 3 oz (90g) cooked peeled shrimp, chopped
- ¼ cups (60g) cream cheese
- 1 green onion, very finely chopped
- Salt and black pepper
- Cilantro sauce to serve

Directions:

Combine the crabmeat and shrimp with the cheese and green onion and season with salt and pepper.

Fill and cook the ravioli. Toss in cilantro sauce and serve.

Chicken & Prosciutto Stuffed Ravioli

Ingredients:

- 1 tbs butter
- ½ cup cooked ground chicken
- 2 ½ oz prosciutto, finely chopped
- 1 tbsp fresh white bread crumbs
- 1tbsp chopped fresh flat-leaf parsley
- 2 tsp each water and tomato paste
- 1 egg

To serve:

Tomato basil sauce & basil sprigs

Directions:

Melt the butter in a saucepan. Add the chicken and fry for 5 minutes. Stir in the remaining ingredients.

Fill and cook the ravioli. Toss in the tomato basil sauce, and serve at once, garnished with basil sprigs.

Filling and cooking the ravioli

Place 18 spoonfuls of filling at regular intervals onto one half of the pasta. Lightly brush the pasta between the filling with water.

Roll the remaining pasta around a rolling pin and unroll over the filling. Press the pasta around the edges and the spoonfuls of filling.

With a knife, pastry wheel or pastry cutter, cut into round or square ravioli. Leave for about 30 minutes, turning once, until dried out.

Add a little oil to a large saucepan of boiling salted water, add the ravioli and cook for 4-5 minutes until just tender. Serve immediately.



Pasta

Pasta with Shrimp and Sweet Vermouth And Creamy Tomato Sauce

Ingredients:

3 Tablespoons Olive Oil
1 pound large fresh shrimp peeled
½ pound of Angel Hair Pasta
3 large garlic gloves
½ tsp of Dried Oregano
¼ cup fresh chopped Parsley
½ cup sweet red Vermouth
1-14oz can of diced tomatoes drained
¾ cup Heavy Cream
1 large Lemon
½ cup Fresh Grated Parmesan Cheese
¼ tsp of pepper
Salt

Directions:

1. Heat oil in a 12 inch skillet on med/high heat.
2. Add garlic (using a garlic press), Oregano, salt and pepper.
3. Add Shrimp and cook till shrimp turns pink
4. Stir in Vermouth and Diced Tomatoes
5. Add Cream until sauce thickens
6. Squeeze a fresh lemon (deseeded) over sauce
7. Serve over Angel Hair pasta and top with fresh grated Parmesan Cheese.



Pasta

Pasta with Sausage, Shrimp and Peperoncini **Recipe Featured in Bon Appetit Magazine**

Ingredients:

1 tablespoon olive oil
1 pound spicy Italian sausages, casings removed
½ cup sliced peperoncini plus 1 cup liquid from jar
½ cup chopped shallots
2 garlic cloves, chopped
1 teaspoon smoked paprika
1 teaspoon dried thyme
1 teaspoon dried oregano
1 teaspoon dried basil
¼ teaspoon cayenne pepper
1 24-ounce jar marinara sauce
¾ cup heavy whipping cream
1 pound uncooked large shrimp, peeled, deveined
8 ounces penne pasta
3 tablespoons grated Asiago cheese
Sliced fresh basil (for garnish)
Additional grated Asiago cheese

Directions:

Heat oil in heavy large pot over high heat. Add sausage; cook until browned, breaking into pieces, about 4 minutes. Add peperoncini, shallots, and next 6 ingredients; cook until shallots are tender, stirring often, about 5 minutes. Add peperoncini liquid; stir until most of liquid is absorbed, about 1 minute. Add Marinara, cream, and shrimp. Cook until shrimp are cooked through, stirring often, about 5 minutes.

Meanwhile, cook pasta in another large pot of boiling salted water until just tender but still firm to bite, stirring often. Drain, reserving ½ cup pasta cooking liquid.

Transfer pasta and 3 tablespoons cheese to pot with sauce; stir to incorporate, adding reserved cooking liquid by tablespoonfuls to thin if sauce is too thick. Transfer to bowl. Sprinkle with basil and additional cheese.