

Around the World



ITALY

THURSDAY 18 JUNE

MENU

Italian Meatballs with Spaghetti served with Focaccia (1, 8)

3 Cheese Risotto (9)

Pasta Arrabbiata (1)

(Pasta in a Tomato Sauce)

Jacket Potato with Choice of Toppings

Italian Oven Roasted Vegetables

Chocolate Torta Della Nonna (1, 7, 9)

(Chocolate Tart)

WE ONLY USE



FRESHUKBEEF



FRESHUKPORK



FREERANGEEGGS



LOCALFRUIT&VEG



WHOLEMEALPASTA

Around the World



JUNE

ITALY

RECIPE BOOK

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FRESH BEEF



FRESH PORK



FREE RANGE EGGS



LOCAL FRUIT & VEG



WHOLEMEAL PASTA

FRESH RECIPES

THREE CHEESE RISOTTO

INGREDIENTS

- 1 onion
- Garlic puree - 50g
- Vegetable stock
- 50g Red Leicester
- 100g cheddar
- Seasoning
- 1 box of Arborio rice
- Chives

METHOD

- Fry off onions and garlic puree.
- Add rice stir until rice become clear.
- Cover with veg stock, keep cooking and topping up stock until rice cooked through.
- Add cheeses, seasoning, chopped chives. stir through until melted.

CHOCOLATE TART

INGREDIENTS

PASTRY

- 1lb plain flour
- 8oz phase
- Drop of water

FILLING

- 1lb 4oz phase
- 1lb 2oz caster sugar
- 1lb brown sugar
- 6 eggs
- 2lb 8oz plain flour
- 3 tsp bi-carb
- 6oz cocoa

METHOD

- Make pastry by mixing flour and phase until breadcrumb consistency, add a little cold water to combine
- Chill in fridge for ½ hr
- Roll and blind bake until cooked. (can be made day before)

FILLING

- Mix up all ingredients into a dough, roll to same size as pastry tin, then fill pastry base with dough.
- Then bake for 15/20 mins.
- Let it cool before removing from tin.



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freshingredients  **freshfood**