



Oatlands College, Spring Festival 2021

EASY AND DELICIOUS FAMILY DINNERS

March 24th, 7pm - 8.30pm

Feel free to cook a dish or two along with me. Or just sit back and watch with a glass of wine in hand!

If you decide to cook-along please have your chopping done beforehand as I will be moving through the dishes quite quickly.

MENU

ONE POT DINNERS

Quick-ish Chicken Cacciatora
Smashed New Potatoes with Parmesan and Chives

PASTA

Tagliatelle with Smoked Salmon and Leeks
Penne with Broccoli and Breadcrumbs

SOMETHING SWEET

Lemon Posset

ONE POT CHICKEN CACCIATORA

Pollo alla Cacciatora or hunter's chicken is a stalwart of many Italian restaurants. I'm not sure why one would go hunting for a chicken - traditionally cacciatora would be a slow-cooked stew with rabbit or other game. However by using chicken legs we can cut the cooking time down to about 45 minutes. You could use chicken breasts but legs and thighs have more flavour and while they are cooking the other flavours are really developing.

Ingredients - serves 4

- 4 chicken legs, divided into thighs and drumsticks
- Seasoned flour to dust
- Knob of butter
- 2 tbsp olive oil
- 1 stick of celery
- 1 carrot
- 1 small onion, thinly sliced
- 1 red pepper thinly sliced
- 3 garlic cloves finely chopped
- 2 tbsp rosemary, finely chopped
- 2 tbsp olive oil
- Half a glass of white wine
- 250ml decent chicken stock
- 100g tinned plum tomatoes in juice, roughly chopped (or 100g really ripe fresh tomatoes, skinned and chopped)
- Salt and Pepper

Method

1. Heat the butter and oil in a large, heavy-based casserole dish over a medium-high heat. Dust the chicken pieces in seasoned flour, then fry them in batches until golden brown on all sides. Remove the chicken from the pan and set aside.
2. Fry the onions, rosemary, carrot and celery, with a little more oil if necessary, for a few minutes until slightly golden. Then add the garlic and let cook for a minute or two.
3. Pour in the wine and scrape the bottom of the pan to dislodge any crusty bits, then simmer until well reduced.
4. Tip in the stock and tomatoes, and replace the chicken. Bring to a simmer, cover, turn down the heat and cook gently for 45 minutes, until the meat is falling from the bone.

SMASHED NEW POTATOES WITH CHIVES AND PARMESAN

This potato dish is a tasty way of serving new potatoes.

Ingredients

- 500g small new potatoes, scrubbed but not peeled
- Salt and freshly ground black pepper
- 3 tbsp good olive oil
- 50g freshly grated Parmesan cheese
- 2 tbsp minced fresh chives

Method

1. Preheat the oven to 200 °C (180 fan).
2. Place the potatoes and 1 tablespoon salt in a large saucepan and add enough water to cover the potatoes. Bring to a boil, reduce the heat, and simmer for 15 minutes, until the potatoes are tender when pierced with a skewer or knife
3. Drain the potatoes and place on a baking tray with a potato masher press each potato until it's about 2cm inch thick (they will be messy). Toss the potatoes with the olive oil, 1 teaspoon salt, and $\frac{3}{4}$ teaspoon pepper.
4. Roast the potatoes for 25 to 30 minutes, turning once, until the skins have become nicely browned. Sprinkle the potatoes with the Parmesan cheese and roast for another 2 to 3 minutes, just until the cheese melts.
5. Sprinkle the potatoes with the chives and some sea salt and serve hot.

SMOKED SALMON TAGIALATELLE

This is delicious with smoked salmon however you could make using chopped ham or bacon for a change.

Ingredients – serves 4

- 300g tagliatelle or spaghetti (allow 75g dried pasta per person, if using fresh pasta allow about 120g per person)
- 2 leeks or 3 shallots, finely chopped
- 180g smoked salmon
- 150ml double cream
- Juice from half a lemon and zest
- Fresh parsley or chives, finely chopped
- 150g frozen peas, optional
- 2 tablespoons butter
- Salt and pepper
- Grated parmesan

Method

1. Get a large pot of generously salted water and when boiling add the pasta.
2. In a separate saucepan melt the butter and sauté the leeks or shallots in it. Once the leeks are soft, add the cream and peas and allow to warm. Then add the smoked salmon, lemon zest, juice and parsley.
3. Once the pasta is cooked, drain, reserve a little of the pasta liquid and add this liquid and pasta to the cream mixture.
4. Season and serve with the Parmesan.

PENNE WITH BROCCOLI AND BREADCRUMBS

This is a great meat-free dish if you are trying to reduce your meat consumption. It is very satisfying and the breadcrumbs add a bit of texture.

Ingredients serves 4

- 700g broccoli, florets and peeled stems
- Olive oil
- 1 small onion, finely diced
- 1 teaspoon pepper flakes
- 1 garlic clove, minced
- 300g pasta - penne, orecchiette or spaghetti
- 50g breadcrumbs
- Olive oil
- Freshly grated Parmesan for serving

Method

1. Put a large saucepan of water on to boil, season generously with salt.
2. Cut the broccoli into 1cm pieces and stems into 5mm slices.
3. In a large frying pan, heat the olive oil and when warm add the onions with a pinch of salt and the chilli flakes. Let them brown then reduce the temperature and let them until tender and golden brown - about 15 minutes. Move to the side of the pan and add a little more oil, followed by the garlic. After about 30 seconds reduce the heat and mix in the onions. Drop the broccoli in and cook for about 5 minutes until tender. Remove and add to the pan of onions.

4. Put the pasta into the boiling water and let cook.
5. Meanwhile stir the broccoli and onions, and add a spoonful of the pasta water to the onions.
6. Fry the breadcrumbs in a little olive oil in a frying pan until they are golden brown.
7. Once the pasta is al dente - add the hot pasta to the frying pan - add a little more pasta water and a splash of olive oil to ensure the noodles are well coated. Taste and season
8. Serve topped with breadcrumbs and grated Parmesan.

LEMON POSSET

This is a very easy make-ahead dessert that has a refreshing zing.

Ingredients

- 2 lemons juice and zest, preferably organic
- 120g caster sugar
- 425ml double cream
- Pinch of nutmeg
- Pinch of ginger
- 1 tbsp flaked almonds, toasted

Method

1. Finely grate the zest of one of the lemons, then juice all the lemons until you have 100ml juice.
2. Put the juice and zest in a small pan with the sugar over a low heat and bring to the boil, stirring occasionally until the sugar has dissolved. Keep warm.
3. Pour the cream into a small, heavy bottomed pan with the spices and heat gently until it comes to the boil. Pour into the syrup, whisking to combine, then pour through a sieve into a jug, then pour into pretty glasses or ramekins and chill for a few hours until set. Add the almonds just before serving.