

Broccoli Carbonara

Season: Winter/Spring

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: broccoli, chilli, eggs, garlic, parsley

Note: You'll be using the **Basic Pasta** recipe (page 116) to make fettucine, so refer to ingredient and equipment lists for that recipe. Divide the cooking group into the pasta makers and the sauce makers.

Equipment:

large pot
large pot with steamer and lid
metric measuring scales, jug and spoons
clean tea towel
chopping board
cook's knife
grater
mixing bowl
fork
large frying pan
wooden spoon
tongs

Ingredients:

2 eggs
2 egg yolks
100 ml low-fat cream
½ tsp salt
½ tsp ground black pepper
6 small or 2 large broccoli heads, cut into small florets
2 tbsp extra-virgin olive oil
4 garlic cloves, peeled and finely chopped
1 long red chilli, de-seeded and finely sliced
small handful of parsley, finely chopped
50 g parmesan, grated
1 quantity **Basic Pasta** dough

What to do:

1. Fill one large pot with water and put it on to boil to steam the broccoli in.
2. Fill the other large pot with salted water and put it on to boil to cook the pasta in.
3. Prepare all of the ingredients based on the instructions in the ingredients list.
4. Use the **Basic Pasta** recipe to make fettucine. A second group makes the sauce as below.
5. Mix the eggs, egg yolks, cream, salt and pepper together in the bowl with the fork.
6. Steam the broccoli for 3–5 minutes, then set it aside.
7. Heat the oil in the frying pan.
8. Add the garlic and chilli to the frying pan and cook for 30 seconds.
9. Add the broccoli and cook for a further 3 minutes.
10. Cook the pasta and drain, reserving a cup of the cooking water.
11. Toss the pasta in the pan with the broccoli and parsley.
12. Reduce the heat to low.
13. Add the egg and cream mix to the pasta and cook for 2 minutes.
14. Toss the pasta; if it is too dry, add some of the reserved pasta water.
15. Serve immediately, sprinkled with parmesan.

