



Basic Semolina Pasta: Capunti

Season: All
Makes: 30 tastes in the classroom or 6 at home

Capunti, pasta shaped to look like empty pea pods, comes from Puglia in Italy.

Note: This simple hand-rolled pasta dough made with semolina flour is egg-free. The pasta dough is well-suited to shorter twisted, shell or convex shapes such as gnocchi Sardi, trofie or orecchiette.

Equipment:

- metric measuring scales, jug and spoons
- 1 large mixing bowl
- plastic wrap
- clean tea towel
- chopping board
- cook's knife
- large saucepan
- slotted spoon
- colander
- serving dish

Ingredients:

- 400 g semolina flour
- 1 tsp salt
- 200 ml water

What to do:

To make and rest the dough:

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3.02 GB used

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Kitchen Garden

Name of Recip

Volunteer Note

Please put the From our garden Each student's

What to collect 4 x Roasting baking paper

Portion of Kale washed each well

80 ml XV Olive Small bowls & Salt flakes

Eddible flowers

W

Orecch

Fresh from the Recipe source (Penguin Lander)

The pasta is a

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Kitchen

Name ↑

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Ingredients: 400 g semolina flour 1 tsp salt 200 ml water

What to do: Place ingredients in heavy base saucepan. Cover with lid. Bring to boil, and then turn down to simmer for 20 mins until tender.

While lentils are cooking, heat oil in another pan. Add onion & ginger and stir-fry on low heat for 8-10 mins so onions are soft and transparent. Remove from heat – add to lentils when they are tender, then simmer the mix for a further 5 mins.

Check the greens for snails, etc & wash well and spin dry roll the leaves up and finely slice them. Add the greens to the dhal for the last 8 minutes of cooking. Pick and wash the herbs, slice. Add herbs at last 5 minutes.

Lentil Dahl with greens. It will take 20 mins to cook. Ingredients: silver-beet, rainbow chard, parsley.

Lentil Dahl & Fresh Gara...