# Cooking School Enrolment Details

Complete the online form.

Make payment by credit card.

Arrange transport to ensure you arrive on time.

Course times:  
Start 9:00 am  
Finish 4:00 pm

Complete your course feedback and receive a certificate, and further special offers.

# Dukkah Recipe

Dukkah is a spicy mix made with seeds and nuts that is used for dipping, olive oil tastings or for seasoning meats or vegetarian equivalents. This version uses a wide array of nuts and seeds and is delicious. This recipe makes 2 1/4 cups of dukkah.

## Ingredients

1/2 cup sesame seeds

1/2 cup sunflower seeds

1/2 cup pumpkin seeds

1/2 cup almonds

1/2 cup hazelnuts

1/4 cup cumin seeds

1/4 cup coriander seeds

1 tbsp paprika (ground)

1 1/2 tsp salt (flakes)

1 1/2 tsp turmeric

## Steps

Preheat the oven to a moderate temperature (180ºC / 350ºF).

Roast the nuts and seeds on the baking trays. Put the seeds on one tray and the nuts on the other.

Keep an eye on the seeds and nuts every few minutes. Remove them from the oven when they have darkened slightly. This will take about 10 minutes. Allow to cool.

Set up the food processor. Grind the nuts and seeds together, along with the salt, turmeric and paprika. Do not over-process - the mixture must have some texture and not be too oily or powdered.

## Tips

Process on the "pulse" button.

If you do not have a food processor, use a mortar and pestle or a hand-held spice grinder.

If storing the dukkah, keep in airtight containers. Leave dukkah in a cool place, such as a pantry or even the refrigerator. Keep out of direct light. The flavour will decrease over time and the mixture should be consumed within 2 months.

Serve in bowls for dipping. Cut small slices of baguette or similar bread and place different types of olive oil in small bowls. The idea is to use the bread to dip in the olive oil of choice, then dip in the dukkah for additional flavour. This has become a popular choice at wine tasting events where olive oil is also on offer for tasting.

Use to season. Dukkah makes an excellent seasoning for meats or fish fillets - apply to oiled meat prior to roasting, baking or frying or mix with flour for coating fish fillets.

# Cooking quiz

**Circle the correct answer to each of the following questions**

**Question 1: Are cooking measurements in the USA the same as in Australia?**

1. Yes
2. No

**Question 2: Which of the following is a metric measurement?**

1. pound
2. gram
3. ounce

**Question 3: which temperature is the hottest?**

1. 450° Fahrenheit
2. 250° Celsius
3. 450° Kelvin

**Question 4: Which of these terms means to cook food in its own juices with a small amount of fat over low heat, just until softened?**

1. Sweating
2. Stewing
3. Simmering

**Question 5: What's the difference between a convection oven and a conventional oven?**

1. A convection oven uses a fan.
2. A convection oven uses radioactivity.
3. A convection oven lacks the broiler setting.

**Question 6: When it comes to Italian pasta and sauces:**

1. The redder the sauce, the longer the pasta should be.
2. It's all good!
3. Long pastas are best with creamy sauces or olive oil.

**Question 7: Which type of wood should you NOT use for smoking foods on an outdoor grill?**

1. softwoods
2. hardwoods
3. fruitwoods

# Italian Recipes

# Rigatoni Campagnolo

## Prep Time: 20 mins Cook Time: 40 mins

*A family favourite, goat cheese adds a tangy creaminess to this pasta dish.*

### Ingredients

2 Red Peppers, Cored, Seeded & Cut Into 2 Inch Pieces

1 Small Red Onion, Peeled & Chopped

2 Cloves Garlic, Peeled and Minced

4 Links Italian Sausage (Hot or Mild)

3 Tablespoons Olive Oil

1 (28 oz) can Imported Crushed Tomatoes

3 Tablespoons Fresh, Chopped Basil

Salt & Pepper

Red Pepper Flakes (Optional)

1 (4 Oz) Package Goat Cheese, Cut Into 4 Slices

1 Pound Rigatoni Pasta

### Directions

In a heavy saucepan, add the olive oil, and then brown the sausage links well on all sides over medium heat.

Remove from the pot, and slice the sausages into 1/3 inch slices.

Add the onions, and cook for about 5 minutes or until soft.

Add the garlic, and cook an additional minute or two.

Add the tomatoes, basil, salt, pepper and red pepper flakes if using and mix well, then add the sausages to the sauce.

Continue to cook for about 20 minutes over low heat, or until the sauce has thickened.

Add the red pepper to the sauce and keep it warm while you cook the pasta.

Cook the pasta until it is "al dente", and then drain.

Mix the pasta with the warm sauce.

Serve in individual bowls, with a slice of goat cheese on top.

# Risotto with Fava Beans & Candied Lemon

## Prep Time: 25 mins Cook Time: 40 mins

*A fresh and vibrant risotto dish to celebrate spring.*

### Ingredients

2 Tablespoons Unsalted Butter

2 Tablespoons Olive Oil

1/2 Cup Finely Chopped Onion

1/2 Cup Finely Chopped Pancetta

1 1/2 Cups Arborio Rice

1/2 Cup White Wine

6 Cups Vegetable or Chicken Broth

1 1/2 Cups Fresh, Shelled Fava Beans

1/2 Cup Fresh, Chopped Parsley, or Other Fresh Chopped Herb

To Finish:

1/4 Cup Grated Pecorino Romano Cheese

2 Tablespoons Butter

Candied Lemon

1/2 Cup Sugar

1/2 Cup Water

1 Lemon

### Directions

To Make the Candied Lemon: Heat the sugar and water in a small pan and cook until the mixture starts to become syrupy and just begins to colour.

Remove the peel from the lemon and cut away as much as the white pith as you can with a sharp knife.

Cut the peel into thin strips and drop into the sugar syrup.

Cook for about 3 minutes over medium low heat.

Remove the peel from the syrup, letting it cool on a plate until needed.

For The Risotto: Heat the 4 tablespoons of butter and oil in a heavy saucepan.

Add the onions and cook until translucent.

Add the pancetta and cook until no longer pink.

Add the rice and stir until it is well coated with the butter and oil mixture.

Begin to add the wine, and stir continually over medium heat until it is absorbed.

Start to add 1/2 cup of hot broth, stirring as it is absorbed.

Continue in this manner, adding ladles full of hot broth, and stirring continuously.

About 10 minutes into the cooking time, add the fava beans and continue cooking for about 15 minutes more, or until the rice is cooked, but remains slightly firm to the teeth.

Remove from the heat, add the remaining butter and the pecorino cheese.

Serve, scattering the candied lemon on top of each bowl of risotto.

**Where am I eating?**

To understand fine cuisine, understanding the geography of the world helps.

Select the country where you would be if you were at…

**The Eiffel Tower**

Italy

France

Germany

Greece

**The Pantheon**

Italy

France

Germany

Greece

**The Parthenon**

Italy

France

Germany

Greece

**Neuschwanstein Castle**

Italy

France

Germany

Greece

**Highclere Castle**

Scotland

Ireland

England

Wales

**Holyrood Palace**

Scotland

Ireland

England

Wales

**The Cliffs of Moher**

Scotland

Ireland

England

Wales