



ResRequest Recipes

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Spinach and Feta Ravioli filling

100g crumbled feta
100ml white sauce
1 egg beaten

2 bunches spinach chopped and blanched
cayenne pepper

Make the filling by squeezing all the water out of the cooked spinach and stir in the feta and white sauce. Add the cayenne pepper and season to taste.

Roll out the pasta nice and thin. Cut out circles 3cm in diameter. Place a spoonful of filling in the middle of 1 circle and using your finger, draw a circle of egg wash around the outer edge and place another circle on top to seal. Press edges to seal with a fork or a pasta cutter. Add to boiling salted water and remove after 6-8 minutes or as soon as they float. Serve with fresh Italian tomato sauce topping and parmesan!

Pear, Radish, Rocket & Pumpkin Seed Salad

Pears
Rocket
Coconut shavings
Radishes

Thinly slice or make ribbons with a peeler the pears and place in a bowl. Pour over about 50ml orange juice to keep the pears from going brown. Sprinkle over the rocket and coconut shavings. Thinly slice the radish and add to the salad. Give a good toss.

Dressing: 25ml orange juice mixed with 50ml vinegar and 50ml olive oil. Salt and pepper to season. Whisk ingredients together and pour over the salad just before serving.

Pizza Dough

450 g cake flour
320 ml lukewarm water
10 ml sugar

1 sachet instant dried yeast
10 ml salt
2 tablespoons oil

Mix the flour, yeast, salt, sugar, oil and water together to form a smooth dough. Place on a floured surface and knead for about two minutes until smooth and pliable. Now place the dough into a greased packet in a bowl of hot water and allow to prove for about 15 - 20 minutes, until doubled in size. Knead again for about 2 minutes and shape as desired then place on greased baking sheet and allow to prove for a second time for about 10 minutes. Spread on the pesto and sprinkle on desired toppings. Lastly add the mozzarella. Bake in a pre-heated oven of 220°C for about 10 minutes.

Basic Pasta Recipe

120g wheat flour

1 xl egg

In a bowl, mix your flour and egg until it forms a clumpy mess! Tip out onto a lightly floured surface and knead for 10 minutes. Wrap the dough in cling film and place in fridge for at least 20 minutes or until you're ready to use it. Pass the dough through the pasta machine on the largest aperture until it comes out homogenized and then use as required. Roll out to the thinnest aperture for tagliatelle pasta. Add raw pasta to boiling salted water for 5-6 minutes until it's cooked. Serve immediately!

If you don't have a pasta rolling machine...Use a rolling pin and just cut into desired strips with a knife. Don't forget to lightly flour your surface and your pasta to keep it from sticking.

Gluten Free Pasta: Use Gluten free all purpose flour but make sure it contains XANTHUM GUM!