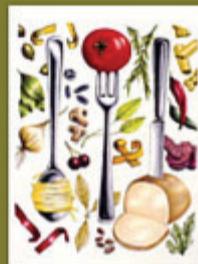


3 MUST  
TRY  
RECIPES



La Cucina di Sandra

*An Italian cooking and eating experience like no other!*



# Smormatini di zucca

(Mini pumpkin flans)



## Ingredients for 6 people

500 gr of Queensland blue pumpkin, peeled.  
4 tbs of freshly grated Italian Parmesan cheese (or more if necessary)  
2 tbs of thickened cream  
1 large egg, beaten  
1 tbs of Extra virgin olive oil  
Salt and pepper  
6 disposable aluminum moulds  
Chilli olive oil.

Peel and slice the pumpkin in one cm thick slices. Warm the oven to 180° and bake the pumpkin in an oven tray lined with aluminum foil. Drizzle the pumpkin with extra virgin olive oil and season with salt and pepper.

Bake in the oven for 20 minutes or until tender. Remove from the oven, cool and transfer to a bowl.

Mash the pumpkin to a smooth paste with the aid of a fork, make sure the pumpkin is totally mashed to a cream consistency, add the Parmesan cheese, the cream and the egg.

Blend all the ingredients together and add more Parmesan cheese if the mixture is too soft, you need to achieve a very thick cream consistency.

Blend all the ingredients together, season with salt and pepper if necessary, taste first.

Lightly oil 6 disposable aluminum moulds, transfer an equal portion of the mixture to the moulds. Do not fill them completely.

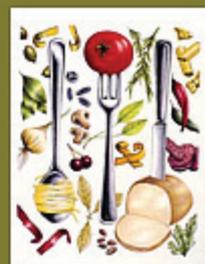
Transfer the moulds to two cm deep oven tray, lined with an old tea-towel; fill the tray with warm water up to the level of the moulds.

Warm the oven again to 180° and bake in the oven for about 30 minutes, cool and transfer the flans from the moulds to the serving plates.

Serve with a chicken or meat main course and drizzle with some chilli olive oil.

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# Vellutata di piselli, cozze e pancetta croccante

*(Cream of peas with mussels, and crisp pancetta)*



## Ingredients for 6 people

- 500 gr of frozen peas
- 60 gr of unsalted butter
- 100 gr of chopped white onion
- 120 gr of chopped peeled shallots
- 100 gr cubed potatoes
- 500 gr of mussels
- 800 ml of vegetable stock
- 200 ml of mussel stock
- 12 thin slices of flat smoked pancetta

Wash and de-beard the mussels, clean the shells. Transfer the mussels to a heavy based pan with one tbs of extra virgin olive oil. Cover, increase the heat and start shaking the pan. A few minutes later the shells will start to open. The mussels will be open in no longer than 5 minutes. Transfer to a sieve and drain, reserve the liquid and when cool enough to handle remove the shells ensuring there are no beards left in any of them.

Reserve the mussels until ready to serve the soup.

Warm the butter in a heavy based casserole dish; add the onion, the shallots and the cubed potato. Sauté on a moderate heat until the onion is soft and translucent and all the vegetables have changed colour.

Add the peas, stir and ensure they are well coated in the butter and onion mixture. When the peas are soft add the vegetable and mussel stock. Bring to the boil, reduce the heat and cook for about half an hour, until the peas are well cooked and very soft.

Remove one to two ladles of stock from the pan and reserve, whiz the peas with a stick blender adding the reserved stock as required to achieve a thick cream consistency.

Season with salt and pepper.

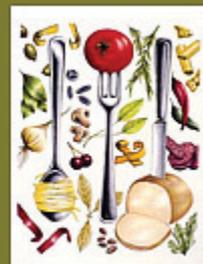
Return the cream to the stove and cook on very low heat for 5/10 minutes to allow all the flavors to blend.

Line an oven tray with aluminum foil and grill the pancetta slices under a hot grill until crisp, drain on kitchen paper.

To serve, ladle some of the pea soup in each plate, add 4 to 5 mussels and two slices of crisp pancetta to each plate and serve immediately.

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# Palle di ricotta con coulis di lamponi

(Ricotta balls with raspberry coulis)



## Ingredients (makes 20 balls)

500 gr fresh firm good quality ricotta, drained of any water (drain in the fridge in a sieve for a few hours)  
4 large eggs lightly beaten  
85 gr plain all-purpose flour  
55 gr unsalted butter, softened  
Grated zest of 1/2 orange  
Vegetable oil for frying  
Icing sugar to dust the balls with, just before serving.

## For the raspberry coulis

300 gr – frozen raspberries  
100 gr icing sugar  
1 tbs of Vincotto (or other sweet wine or liquor as preferred)  
Juice of 2 lemons (plus an extra one to correct the sweetness if necessary)

Cover the frozen berries with the sugar in a glass bowl, add the lemon juice and the Vincotto. Stir cover and allow to defrost for an hour or so. Stir the mixture every now and then.

Puree the berries in a blender, correct the sweetness by using more lemon juice or sugar as needed.

Pass the sauce through a sieve to remove the pips, cover and reserve until ready to serve.

To make the ricotta balls, beat the ricotta with an electric mixer until creamy, then add the eggs and beat well. Turn the mixer to low and add the flour, a little at a time. Add the butter, orange zest and a pinch of salt. Beat well and set aside until ready to use.

Pour enough oil to half fill a saucepan and place over medium heat. Drop a small piece of batter into the oil to test the temperature, when the batter floats, the oil is hot enough to cook.

Take a spoonful of batter the size of a golf ball, and use another spoon to push it into the hot oil. Do not overcrowd the pan.

When the ricotta balls are golden on one side, turn them over, move them around a little with the spoon as they are cooking.

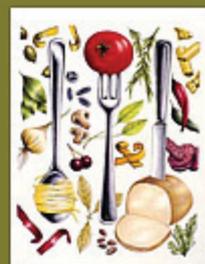
They do not need to cook too fast and they will not puff up if the oil is too hot.

When cooked lift them out with a slotted spoon and drain them on kitchen paper for a few minutes.

Cut each ball in half, half way across, spoon the raspberry coulis in the middle of each ball, add a little coulis around the balls on each plate. Serve two balls per person and sprinkle with icing sugar.

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Born in Italy in Pescara, Abruzzo, and raised amongst strong women who loved to cook for their families, Sandra has a passion for Italian food developed from a very early age.



Over the last 20 years she has indulged her passion, spending hours in her Zia's kitchen in Italy, collecting hundreds of recipes from Italian friends and family, embarking on a 2 month food pilgrimage throughout Italy, and growing her collection of cookbooks!

*"I opened 'La Cucina di Sandra' in 2014 turning a lifelong dream and passion into reality. I want to offer some of the best cooking classes and show people a type of food they have never seen before. This is what I intend to deliver: an Italian cooking and eating experience like no other!" Says Sandra*

La Cucina di Sandra is all about rejoicing in the everyday and learning the art of eating and enjoying life the Italian way. This means celebrating life around a convivial table, sharing original Italian food made with simple but quality ingredients. When you leave Sandra's classes you will feel enriched and confident to cook these dishes yourselves.

The La Cucina di Sandra experience is like no other. Authentic Italian cuisine is prepared in front of guests and served for their enjoyment in Sandra's beautiful home.

Demonstrations take place over 4 hours and evoke the feeling of an Italian holiday, with Sandra's passionate and interactive cooking style, down to earth tips and advice on how to cook brilliant Italian food as the back drop. Sandra shares her secrets on where to shop in Melbourne for the best ingredients as she serves up a 3 course meal plus finger food and a complimentary glass of wine.

All attendees receive a full set of recipes and extensive tips on how to successfully cook the same delicious and genuine dishes in their own homes.

Classes run Tuesday, Wednesday and Thursday night covering key regions and cooking styles of Italy. Bespoke classes are also available upon request to suit special occasions, team building and corporate functions.



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