

# THE COOKERY SCHOOL



WITH CLODAGH MCKENNA

## Irish Stock Exchange

**IRISH STOCK EXCHANGE  
THURSDAY 14<sup>TH</sup> JULY  
10.30AM TO 4PM**

### **RECIPES**

**Italian Parmesan and Pine Nut Crisp Breads  
Tomato and Ricotta Bruschetta  
Tuscan Marinated Chicken  
Aubergine Parmigiana  
Tiramisu  
Baked Lemon Ricotta Cake**

## **Italian Parmesan and Pine Nut Crisp Breads**

Makes 8

### **Ingredients:**

125ml warm water

210g plain flour

1 tsp dried yeast

1 tbsp olive oil

Sea salt

50g freshly grated parmesan

1 dstsp of finely chopped pine nuts

1 dstsp of finely chopped fresh rosemary

### **Method:**

1. Pour the warm water in a bowl and sprinkle in the dry yeast, allow it to get foamy which takes about 5 minutes. Tip the plain white flour into a large bowl, pour the water/yeast mixture on top followed by 1 tbsp of olive oil, a sprinkle of sea salt and stir together until a dough forms.
2. Then tip the dough on to a floured surface and knead for 5 minutes. Transfer to an oiled bowl, cover with a tea towel and place in a warm dry spot for (airing cupboard) for an hour. Afterwards, divide dough into 8 pieces and roll each piece to roughly 4 by 10 inches on a lightly floured surface, transfer to a greaseproof lined baking sheet.
3. Brush with olive oil and sprinkle with sea salt, freshly grated parmesan, finely chopped pine nuts and finely chopped fresh rosemary. Repeat with remaining dough. Pop in a pre-heated oven at 180oC for 10 minutes or until crisp and golden. Allow to cool on wire racks.

## **Italian Roasted Tomato and Ricotta Crostini**

Serves 4

### **Ingredients:**

200g ripe tomatoes, diced

1 cloves of garlic, crushed

3 basil leaves, torn

50g ricotta

sea salt and black pepper

1 tbsp balsamic vinegar

extra virgin olive oil

### **Method:**

1. Place the tomatoes and garlic in a bowl, season and drizzle with olive oil and balsamic vinegar. Using clean hands massage all the ingredients together for 5 minutes, this really enhances the flavour of the tomatoes . Roast in a pre-heated oven at 180oC for 10mins.

2. Allow the tomatoes to cool once they have come out of the oven and tip them into a large bowl and mix in the fresh basil leaves.
3. Smear the Italian crisp breads with ricotta cheese and a spoonful of the tomatoes on top.

### **Tuscan Style Marinated Chicken**

Serves 4

#### **Ingredients:**

4 chicken breasts, free range or organic if possible  
Splash of olive oil  
1 tbsp balsamic vinegar  
1 tbsp rosemary, finely chopped  
2 garlic cloves, crushed  
half red chilli, finely chopped  
sea salt and freshly ground pepper  
extra virgin olive oil

#### **Method:**

1. Place all the marinade ingredients in a large bowl and mix well.
2. Put the 2 chicken breasts in a large bowl and pour the marinade over the chicken. Place in a fridge and leave to marinate for up to 1 hour, longer if you have the time.
3. Then remove the chicken and place on a hot bbq.
4. Cook on each side for 5 minutes. Transfer

### **Aubergine Parmigiana**

Serves 6

#### **Ingredients:**

3 large aubergines, sliced into 1cm thick slices  
1 onion, peeled and finely chopped  
1 clove of garlic, crushed  
1 teaspoon dried oregano  
2 x 400g tins good-quality plum tomatoes  
Sea salt and freshly ground black pepper  
1 bunch of fresh basil  
4 handfuls of freshly grated Parmesan cheese  
2 handfuls of dried breadcrumbs

#### **Method:**

1. Place a saucepan over a medium heat and pour in a good dollop of olive oil over a medium heat. Add the onion, garlic and dried oregano and cook for 5 minutes.
2. Stir the tomatoes into the garlic and onion, put a lid on the saucepan and simmer for 15 mins.

3. Meanwhile, grill the aubergines on both sides until lightly charred. As each batch is finished, remove them to a tray and carry on grilling the rest until they're all nicely done. When the tomato sauce is reduced and sweet, season it with salt and pepper and add the basil.
4. In a roasting tin or a large pie dish (25 x 12-15cm). Put in a small layer of tomato sauce, then a thin scattering of Parmesan, followed by a single layer of aubergines. Repeat these layers until you've used all the ingredients up, finishing with a little sauce and another good sprinkling of Parmesan. I like to toss the breadcrumbs in olive oil with a little and sprinkle them on top of the Parmesan.
5. Place the dish in the oven and bake at 190°C for half an hour until golden, crisp and bubbly. It's best eaten straight away, but it can also be served cold. You can use the same method substituting courgettes or fennel for the aubergines – both are delicious. But do try making it with aubergines.

### **Baked Lemon Ricotta Cake**

Serves 10

Ingredients:

400g ricotta  
zest and juice of 2 lemons  
2 tbsps of flour  
4 eggs, separated  
200g caster sugar  
12 digestive biscuits, crushed  
70g butter

Method:

1. Place the ricotta in a bowl and mix in the 4 egg yolks, followed by the flour, lemon zest and juice and caster sugar – mix well.
2. In a separate bowl beat the egg whites until stiff and fold into the ricotta mixture.
3. Place a saucepan over a low heat and melt the 70g butter. Once melted take off the heat and stir in the crushed digestive biscuits. Spoon the biscuit mixture into a 10 inch spring tin and press down the mixture using the back of a spoon to create a biscuit base.
4. Pour in the lemon ricotta cake mixture over the biscuit base.
5. Place in a pre-heated oven at 180°C for 55minutes.

### **Tiramisù**

Serves 2

Ingredients:

2 egg yolks  
40g caster sugar  
200g mascarpone  
100ml strong coffee or espresso, cold

8 boudoir biscuits  
cocoa powder

**Method:**

1. In a large bowl, using an electric whisk, beat the egg yolks and caster sugar together until pale and thick. Add the mascarpone and whisk slowly until the mixture is pale and smooth. Stir in 50ml of coffee.
2. Dip half of the boudoir biscuits into the coffee mixture. Place equal amounts into the bottom of four glass coffee cups or small bowls. (Alternatively, place in a single glass bowl to make one large tiramisu).
3. Spoon over half the mascarpone mix and sprinkle with half the cocoa powder. Repeat with another layer of biscuits, mascarpone and cocoa powder.
4. Cover and refrigerate for 1 hour and dust with cocoa powder before serving.