

DINNER LADIES MASTERCLASS

Homemade orecchiette, peas, mint, garlic
feta & pancetta

Watercress & creme fraiche sauce



SHOPPING LIST & RECIPE CARD

Shopping list:

- 300g semolina
- 100g plain flour
- 100g pancetta, diced or smoked lardons
- 25g salted butter
- 1 large leek
- 200g petit pois peas
- X1 bunch mint
- 1 head garlic
- 100g feta cheese
- 200ml good quality olive oil
- 100g watercress or rocket
- 1 bunch dill
- 100g crème fraîche
- 1 lemon, zest & juice
- ¼ tsp cayenne pepper
- Sea salt
- Freshly ground black pepper
- 30g parmesan

Equipment list:

Medium mixing bowl, measuring jug, fork, cling film, sharp knife, table knife, baking tray, blender or nutribullet or food processor, chopping board, x2 small bowls, medium saucepan, frying pan (preferably non stick), spatula, wooden spoon, selection of teaspoons & tablespoons, colander or sieve, slotted spoon, grater

The class will be around 1.5 hours. We will start by making the Orecchiette dough, letting that rest. Then we will marinade the feta, make the watercress sauce and the leek and pancetta. Then we will roll out the orecchiette, cook them and put the dish together. Please be on time for the class and have all your ingredients and equipment ready.

Orecchiette

300g semolina - 200g for dough and 100g for lining baking tray

100ml warm water

100g plain flour - for dusting surface

Place the semolina into a bowl and slowly pour in the water. Use a fork to bring the dough together.

Once the dough has come together, tip out onto a lightly floured surface and knead for 7–8 minutes until the dough is firm and springs back when you push your thumb into it. If the dough is a little sticky, add more flour, or a bit too firm, a little more water – the temperature of the water and humidity of the room will affect your dough.

Wrap in cling film and leave to rest for 30 minutes.

Take a portion from the dough and roll out into a 1.5cm thick sausage.

Cover the rest of the dough whilst you work. Slice the length of pasta into 8mm pieces. Using a table knife, push the dough down and towards yourself. The dough should stretch and curl over the knife.

Take your thumb, and invert the pasta curl back over it, creating that inside-out shape. Dust a baking tray with 50g semolina. Store orecchiette on the baking tray and sprinkle with remaining 50g semolina to prevent them sticking together until ready to cook.

Watercress sauce

100g watercress or rocket, 90g for sauce, 10g for decoration

1 bunch dill, some for sauce, some for decoration

100g crème fraîche

1 lemon, zest & juice

¼ tsp cayenne pepper

2 tbs olive oil

Freshly ground black pepper

In a blender add the watercress, a handful of dill, tough stalks removed, all the creme fraiche and lemon zest in a blender and blitz. Remove the lid and add lemon juice, cayenne pepper, black pepper, olive oil and a pinch of salt. The result should be a saucy, pourable consistency. Check for seasoning then chill until needed.

Garlic feta

X2 cloves garlic

X1 sprig thyme

100ml good quality olive oil

100g feta cheese

Freshly ground black pepper

On a chopping board use the flat side of a knife to crush 2 cloves garlic. In a small tupperware or bowl add the garlic cloves, the sprig of thyme and olive

oil. Cut the feta into small cubes, then toss these in the tupperware or bowl with the garlic, oil, thyme and add a couple of big grinds of black pepper

Sauce + pasta

100g pancetta, diced or smoked lardons

25g salted butter

1 large leek

2 cloves garlic

200g petit pois peas

X1 bunch mint

30g parmesan cheese

On a chopping board, peel and chop the garlic. Wash and chop the leek and pick the mint leaves. In a medium frying pan on a low heat add the pancetta. Turn the pan to medium cooking the pancetta and allowing the fat to coat the pan. Once cooked remove from the pan. Add 1 tbsp salted butter and add the leeks and the garlic to the pan. Cook on a low heat until the leeks have caramelised and softened. Meanwhile boil the kettle, place the peas in a small bowl and cover with boiling water. Leave to stand. Once leeks are cooked scrape the pancetta back into the frying pan, stir the mixture, taste for seasoning and turn off the heat.

Meanwhile bring a pot of salted water to the boil, add the orecchiette and cook for about 4-5 minutes, until they float. Drain and transfer to the frying pan with pancetta and leek mixture. Add 2 tbsp marinated feta cheese and the chopped mint. Cook, tossing, until pasta is nicely coated. In a bowl or on a plate put 1-2 tbsp watercress sauce. Next add the orecchiette with the pancetta and feta mix. Top with a little grated parmesan cheese, a good pinch of freshly ground black pepper and decorate with some watercress sprigs and dill tops.