

BAKING COACH®

"Bake what you love and love what you bake" established 2005

Phone (631) 543 8608

www.bakingcoach.com

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Eggplant Meatballs

Here is what you need:

2 tablespoons olive oil
1 pound eggplant, peeled and cubed
1 large egg
½ cup Italian seasoned bread crumbs
½ cup parmesan cheese
½ teaspoon garlic powder
½ teaspoon salt
Pinch of black pepper

Here is how you do it:

Preheat oven to 400 degrees. Line a cookie sheet with foil and spray with cooking spray. Coat cubed eggplant with olive oil and roast in oven for 10 minutes or until softened. Remove the eggplant from cookie sheet and set aside to cool on a plate spread out. Reserve cookie sheet, once it is cooled spray it again; set aside.

Eggplant should cool quickly but to speed up this process, place slightly cooked eggplant into the fridge. It can be warm but not hot. Transfer cooled eggplant mixture into a large bowl and add all remaining ingredients. Mix well.

Roll portions of chopped eggplant mixture about the size of plum, and place on to the prepared baking sheet.

The size of the meatballs is to your liking but if you go smaller, they take less time to cook. The important thing is to stay consistent.

Bake for 10 – 15 minutes, and then add to sauce. Continue to cook in the sauce for 1 hour.

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HOMEMADE PASTA

Here is what you need:

2 cups all purpose flour (divided)
1 teaspoon salt
3 large eggs at room temperature
2- 3 tablespoons olive oil

Here is how you do it:

In a large bowl, add 1 3/4 cups flour and salt; mix to combine. Make a well at the bottom of the bowl and add in the eggs and 2 tablespoons of olive oil. Mix well with hands making sure the center of the dough is not sticky. If the dough is sticky, add in the remaining ¼ cup flour, a little at time until you reach the perfect consistency.

Form the dough into 2 disks. Wrap each disk in plastic wrap and allow them to rest for 2 hours or overnight for best results.

Use a pasta machine to cut the pasta into desired shape. If you are not using a pasta machine, roll out 1 disk at a time as thinly as possible. Using a sharp knife or pizza cutter, cut pasta into thin strips.

Cooking instructions: In a large stock pot filled ¾ of the way with water, add 1 teaspoon salt and 1 tablespoon of olive oil. Bring to a boil over medium heat. Drop the pasta into the water one handful at a time. The pasta is done when it rises to the surface. If your pasta is thick, let it go a few minutes longer to insure proper cooking.

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Fresh Plum Tomato Sauce

Prep Time: 20 minutes Cook Time: Simmer at least one hour, if not longer.

Here is what you need:

- 10 to 12 fresh plum tomatoes (approximately 2 to 2 1/2 pounds) or 2 cans crushed tomatoes
- 4 ounces extra-virgin olive oil, plus additional extra-virgin olive oil, (optional)
- 3 cloves garlic, finely-chopped, or 1 teaspoon garlic powder
- ½ medium onion, finely chopped
- ¼ cup or small handful of freshly-chopped parsley, or 1 teaspoon dried parsley
- ¼ cup or small handful of freshly-chopped basil leaves, or 1 teaspoon dried basil
- ½ teaspoon kosher salt (If you are using fresh tomatoes, you will need an extra teaspoon of salt for boiling water)
- 1 teaspoon sugar or fresh carrot peeled (do not dice)
- 1 full stalk celery (do not dice)
- * For a pink sauce, add ½ cup heavy cream just before serving.

Here is how you do it: For Fresh Tomatoes Only: Fill a large stock pot with water with 1 teaspoon of salt. Bring to a rolling boil over medium to high heat. Then, place scored tomatoes into a pot of boiling water and boil for approximately 1 to 1 1/2 minutes. Remove tomatoes and plunge into cold water. Peel and dice tomatoes and set aside.

Heat olive oil in a saucepan. When hot, add garlic, crushed red pepper. Sauté until the garlic is fragrant; about 1 minute. Add chopped onion, parsley, and basil; sauté an additional 2 1/2 minutes. Add tomatoes, salt, sugar/carrot, celery, and cook for at least 1 hour. Remove the celery and carrot before serving.

Do you have leftover sauce? Turn it into a pink sauce within 1 week of making the original sauce. Sauté 1 onion and 4 slices prosciutto in 2 tablespoons of olive oil until fragrant. Add 1 cup peas; cook to heat and slowly pour in 2 cups sauce and 1/3 cup heavy cream- heat until slightly bubbly; pour over cooked pasta.