



TRIBULUM PRESENTS...

COOKING WITH CHEF JONNIE - RECIPES

1. White bread

- 10g fresh yeast
- 20ml olive oil
 - 7g fine salt
 - 15g sugar
- 500ml warm water
- 500g grana duro pasta flour
 - 500g plain flour

Method

Dissolve the yeast, sugar, salt & olive oil in the warm water.

Mix in the flours & knead until it comes away from the sides of the bowl.

Check if it needs more water at this time. The dough should not be too hard to mould.

Knead the dough for 10 minutes folding it back onto itself & stretching out the gluten.

Cover & leave in a warm place to double in size.

Knead lightly again & form into the shape you want.

Cover again & leave to double in size.

Brush with milk or oil, flour or egg, depending on the glaze or finish that you want.

Bake at 210C for 20 minutes until it sounds hollow when patted underneath.

Cool on a wire rack or other apparatus that lets the air circulate around it.

This can be cut up & wrapped in cling once cool & frozen until you need it.

2. Rotollo

Pasta:

- 200g grana duro wheat flour
 - 2 eggs
 - Pinch of salt
 - Spoon of water
- Parmesan to finish in the oven

Filling:

- 200g mushrooms (any type)
 - 10g garlic chopped
- 1bag Baby leaf spinach
 - 1tub ricotta cheese
 - Salt & pepper

Sauce:

- 1 onion
- 10g garlic chopped
- 1 tin chopped tomato
 - 1t oregano dried
- ½ glass white wine
 - Salt & pepper
 - 1T sugar



2. Rotollo (continued)

Method

Pasta:

Knead the eggs into the flour until well incorporated.
Add in the water & knead some more. The dough at this stage should be very stiff.
The less liquid you add into it & the more elbow grease the better the dough will be.
Leave it to rest & then knead again. Every time you do this you will have a better end result.
Also each time you do it the dough should be a little easier to work with.
When ready roll it out to 1mm thick on a flat surface.
Other wise you can buy sheets of fresh pasta dough.

Filling:

Saute the mushrooms in a little olive oil with salt pepper. Remove from the pan.
Saute the garlic in olive oil until it turns a nutty brown (do not burn it).
Add in the defrosted frozen spinach or the fresh spinach, season with salt & pepper & cover to cook through for a minute.
Add a tub of ricotta to the spinach & mix well.

Sauce:

Sweat the onion & garlic in the olive oil, add in the oregano & wine & simmer for 2 minutes.
Add in the sugar, salt & pepper & the tin of chopped tomatoes.
Simmer & check seasoning.
Blend & keep for the base of the rotollo.

To assemble the rotollo lay out a cloth with the pasta strips on top of it.
Spread the spinach across the pasta.
Then the mushrooms.
Take the leading edge of the cloth & roll up the pasta with the filling into a roulade.
Tie the ends with long string. Then do the same to the middle sections (not too tight)
Tie all the strings together & use this to lower into a pot of boiling salted water for 25 minutes.
Remove & leave to drain. Keep overnight wrapped up in the cloth.
Unroll & slice into 1cm slices.
Lay into a tray on top of the cold tomato sauce.
Top with finely grated fresh parmesan & a little black pepper.

- Bake until hot & gratinated at 180C & serve with your favourite accompaniment.

3. Duck with Figs

- 2 duck breasts
 - 120g figs
- 300ml demi glace or great stock
 - Salt & pepper
- 200g purple sprouting broccoli

Method

Season & dry the duck breast well before time.
Place in a dry hot pan skin side down and reduce the heat to medium.
After 5 minutes turn the breast & cook for 2 minutes.
Flip back over & cook for a further 3 minutes with the figs in the pan.
Remove the figs & duck from the pan.
Drain off the fat & keep for confit or roast potatoes.
At this stage I add the demi glace to the pan with the figs & simmer for 2 minutes.
I add the breasts for a minute just to warm up & slice to serve.
The secret here is the resting of the meat in between cooking & reheating.
Serve with some purple sprouting broccoli for a delicious dinner.



4. Key Lime Pie

Base:

1pkt Bolacha maria biscuits
3ml vanilla essence
Zest of 1 lime
50g sugar
130g butter

Filling:

4egg yolks
1 can condensed milk
Zest of 2 limes
200ml lime juice

Method

Blend the biscuits to a powder & mix with the melted butter, vanilla, sugar & lime zest. Pack into the base of a spring clip cake tin 22cm.

Bake for 10 minutes at 170C and leave to cool.

For the filling beat the egg yolks until they are nearly white & full of air. (around 10 minutes)

Pour in the condensed milk gradually while continually beating.

Add in the lime juice while beating slowly & mix in the zest.

Pour this mixture onto the baked biscuit base & put into the oven at 170C for 15minutes or until nearly set.

Leave for a few hours to cool & then serve.

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