

SPAGHETTI YOU WON'T FORGHETTI

Cooking Class - Holy Family Parish

April 26, 2018

Garlic Bread

Ingredients:

- 3-1/2 cups Grated Cheddar Cheese
- 3/4 cups Mozzarella Cheese Grated
- 1/2 cup Grated Parmesan Cheese
- 1/2 cup (Real) Mayonnaise
- 4 whole Green Onions, White/Light Green Parts Minced
- 1 dash Salt
- 1 loaf Crusty French Bread
- 1 stick Butter
- 4 cloves Garlic, Finely Minced

Instructions:

1. Mix cheeses with the mayonnaise and the green onions. Add dash of salt to taste and set aside or keep in fridge until you need it.
2. Cut loaf of bread in half, then each half into half again.
3. Working 1/4 loaf at a time, melt 2 tablespoons butter in a skillet and add 1/4 of the minced garlic. Place 1 of the 1/4 loaves face down in the skillet, swirling it to soak up the butter and garlic. Allow bread to toast in the skillet, removing garlic if it starts to get too brown.
4. Repeat with remaining butter, garlic, and bread. Spread cheese mixture on warm loaves and bake in a 425 degree oven until cheese is hot and bubbly, about 10 minutes.

THIS MONTH:

- Garlic Bread
- Alfredo Sauce
- Mariana Sauce
- Homemade Pasta
 - *How to mix by hand*

PRAYER

Lord of all Creation, tonight is a sacred night in our parish.

Many of us gather together to work with each other to prepare our meal, and to form community. May this fun, joyful celebration and friendship we experience this evening flow into our parish and surrounding community.

We know this food has already been blessed by the sun, earth, and rain. Bless our eyes and our taste, so that we may share this food in grateful manner.

We ask through Christ our Lord, Amen.

Marinara Sauce

Ingredients

2 tablespoon of canola oil

3 to 4 whole cloves garlic, minced

1 whole small to medium onion, chopped

1 cup of chicken broth

Three 15-ounce cans crushed tomatoes

Salt and ground pepper

1 teaspoon sugar

2 tablespoon of dried parsley

½ teaspoon dried basil leaves

Instructions:

1. Add oil to pan over medium-high heat and throw in the garlic and chopped onions and give them a stir.
2. Add chicken broth and deglaze the bottom of the skillet. Cook until the liquid reduces by half.
3. Add the crushed tomatoes and stir to combine. Add salt and pepper to taste, sugar, parsley, and dried basil.
4. Reduce the heat to low and simmer for 30 minutes.

Alfredo Sauce

Ingredients:

1 stick of butter

1 cup of heavy cream

Salt and freshly ground black pepper

2 cups freshly grated Parmesan

Instructions:

1. In a saucepan or skillet, warm the butter and cream. Season with salt and pepper.
2. Add the Parmesan and sit until melted

Homemade Pasta

Ingredients

2 cups of general purpose white flour

2 eggs

1 tablespoon olive oil

4 tablespoons water

Instructions:

1. Add all ingredients to a food processor.
2. Process until mixture starts to form a ball.
3. You may want to start with a little less water depending on the size of your eggs and moistness of your flour.
4. Wrap ball in plastic wrap and let rest for about half hour.
5. Then make your pasta using your pasta machine or rolling out. Enjoy

How to Mix by Hand



Make a well in the flour

Pour the eggs, water, oil into the well



Whisk the eggs with a fork, drawing in a any flour until mixed together



Draw in the flour. Use the fork to gradually draw the flour into the center and sit it together with the egg-oil mixture. Gently draw in more flour and mix it in this way until all the flour is blended in and you have a shaggy mess of dough





Bring the dough together. Use your hands to bring the shaggy mass of dough into a ball. When all the flour is combined, if the dough is still sticky, sprinkle more flour over the dough, a little at a time, and mix it in.



Knead the dough. Use a bench scraper to clean the work surface, and dust the clean surface with flour. Transfer the dough to the floured surface and knead it by pushing down and away from you and turning it repeatedly until the dough feels smooth and satiny, 7 to 10 minutes. Sprinkle on more flour if the dough becomes sticky or soft during kneading.



Let the dough rest. Clear away most of the excess flour on the work surface. Shape the dough into a ball by rolling it in a circle with both hands, applying pressure to the bottom so that the dough tucks under itself and the ball tightens up a little. Wrap in plastic wrap and rest for 30 minutes.