

COOKING AT MADELINE'S TABLE

PART OF THE JERSEY GIRL CAFE CULINARY COLLECTION



Pasta Making 101

Sanitation (Keep it Clean)

Kitchen Safety

Reading Recipes

Fresh Fettuccini

Easiest Marinara

Alfredo Sauces

Caesar Salad

Chocolate Lava Cakes



COOKING AT MADELINE'S TABLE

PART OF THE JERSEY GIRL CAFE CULINARY COLLECTION



Pasta Making 101

Sanitation (Keep it Clean)

1. Before you cook or eat anything – wash your hands
 - Use very warm water and soap
 - Scrub under your fingernails
 - If you have a cut, cover it up with a band aid
 - Wash your whole hand, including your wrists
 - Take as long to wash your hands as it does to sing Happy Birthday
2. Don't leave food out
 - Bacteria grows faster on food that is room temperature
 - Cold food should be returned to the refrigerator or freezer as soon as you are done with it
 - Hot food should be refrigerated/frozen once it has cooled off to room temperature
3. When cutting up meats and vegetables, wash the cutting board and knife in between uses.
4. Wash your hands with soap after touching raw meat, and never put your hands in your mouth or anything that's touched meat before it was cooked and be careful with raw eggs.
5. Wash raw fruits and vegetables before cutting them to remove any dirt or pathogens that may be on them.
6. Do not put anything that has been on the ground on kitchen counters (shoes, back packs, cats and dogs).



COOKING AT MADELINE'S TABLE

PART OF THE JERSEY GIRL CAFE CULINARY COLLECTION



Pasta Making 101

Kitchen Safety

1. Keep water away from electrical outlets.
2. Unplug any tools before cleaning or washing them.
3. Only use the stove or oven if an adult is present.
4. Turn the handles of pots toward the back of the stove.
5. Be careful that you don't reach over the stove so you don't burn yourself; always let an adult do it.
6. Do not drop food into pots with hot oil or boiling water.
7. Never run with a knife in your hands and never walk with a knife pointing out in your hand; always carry it down at your side.
8. Never wear loose fitting clothes that could drape over a burner.
9. Put your hair in a barrette so it doesn't get in the food then someone accidentally finds it in their food and says "gross."
10. Remove any jewelry (rings, earrings, watches)
11. Nail polish is not delicious, if it is flaking, remove it with nail polish remover
12. Never remove an electric mixer from a bowl that is still on...your mom won't be happy with the mess.
13. Be very careful not to drop eggs on the floor, they are really messy to clean up.
14. Always help clean up so you can cook again soon.



COOKING AT MADELINE'S TABLE

PART OF THE JERSEY GIRL CAFE CULINARY COLLECTION



Pasta Making 101

Reading Recipes

1. Always read the recipe all the way through, so you know what ingredients and equipment you will need.
2. Cup, teaspoon, and tablespoon measurements refer to calibrated kitchen tools and not tea cups and soup spoons.
3. Sometimes abbreviations are used in recipes

C	=	cup
TBSP	=	tablespoon = 3 teaspoons
Tsp	=	teaspoon

Be careful not to mix up tablespoon and teaspoon measurements!

4. Measure and prepare all ingredients before you start cooking.
5. Crack eggs into a small bowl first because you can remove the shells that fall in easier if they aren't mixed up with the rest of the ingredients.
6. Do not scoop flour out of the container with the measuring cup, you will get too much flour. Gently scoop the flour with another spoon into the measuring cup and level it off.
7. It's very important to taste everything as you are making it to make sure nothing is bad or spoiled (smell the milk - don't drink it) and that it's coming out right.



COOKING AT MADELINE'S TABLE

PART OF THE JERSEY GIRL CAFE CULINARY COLLECTION



Pasta Making 101

Fresh Fettuccini

- 2 cups cake flour (not self-rising)
- 1/2 cup all-purpose flour plus additional for kneading
- 1 tsp salt
- 4 large egg yolks
- 3 TBSP extra-virgin olive oil
- 1/2 cup water

Special Equipment – Pasta machine

Blend all ingredients in a large bowl or food processor until mixture just begins to form a ball.

Knead dough on a lightly floured surface, incorporating only as much additional flour as necessary to keep dough from sticking, until smooth and elastic, 6 to 8 minutes.

Wrap dough in plastic wrap and let stand at room temperature 1 hour.

Set smooth rollers of pasta machine on widest setting. Cut dough into 8 pieces. Cover 7 pieces with plastic wrap, then form remaining piece into a rectangle and feed through rollers. Fold rectangle in half and feed, folded end first, through rollers 8 more times, folding in half each time and dusting with flour if necessary to prevent sticking.

Turn dial to next (narrower) setting and feed dough through without folding. Catch pasta sheet with your hand as it feeds through rollers instead of letting it crumple at base of machine. Continue to feed through without folding, making space between rollers narrower each time and dusting with flour if it begins to stick, until second narrowest setting is reached.

Attach pasta cutter to pasta machine and pass pasta sheet through.

Using floured hands, toss strands to separate; spread out on towels. (Can be made 6 hours ahead. Cover with towel and let stand at room temperature.)

Cook pasta in pot of boiling salted water until just tender, stirring occasionally, 3 to 5 minutes. Drain.



COOKING AT MADELINE'S TABLE

PART OF THE JERSEY GIRL CAFE CULINARY COLLECTION



Pasta Making 101

Easiest Marinara Sauce

- 2 28 oz cans crushed tomato
- 1/4 cup extra virgin olive oil
- 2 tsp dried oregano
- 2 tsp dried basil
- 1/4 tsp crushed red pepper flakes
- 1/2 cup red wine (use your favorite)
- Salt and freshly ground black pepper

In a medium pot, add all the ingredients, whisk to combine.

Heat over medium heat until simmering. Bring temperature down to low and simmer for another 15 minutes.

Check the seasoning and add more salt and red pepper if necessary.



COOKING AT MADELINE'S TABLE

PART OF THE JERSEY GIRL CAFE CULINARY COLLECTION



Pasta Making 101

Traditional Alfredo

Believe it or not, you can use powdered Parmesan (aka the green canister) for this sauce.

- ¼ CUP unsalted butter
- ½ CUP heavy cream
- ½ CUP grated Parmesan cheese

Melt butter in large skillet, add heavy cream, bring to a simmer.

Lower heat and add Parmesan. Still to melt the cheese.

Serve over pasta of your choice.

Lite Alfredo

- 2 cups 2% milk
- 1 cup light cream cheese
- 3 garlic cloves, minced
- ½ cup grated Parmesan cheese
- 1 TBSP lemon zest

In large saucepan, add minced garlic, milk, and cream cheese. Bring to a boil.

Whisk to blend cheese into milk and make a creamy sauce. Add Parmesan and lemon zest.

Season with salt and pepper to taste.



COOKING AT MADELINE'S TABLE

PART OF THE JERSEY GIRL CAFE CULINARY COLLECTION



Pasta Making 101

Caesar Salad

For croutons

- 3 cups 1/2-inch cubes of fresh French or Italian bread
- 2 TBSP olive oil

For dressing

- 2 large garlic cloves, chopped
- 6 flat anchovies, rinsed, patted dry, and chopped
- 2 TBSP fresh lemon juice
- 2 TBSP mayonnaise
- 1/4 TSP salt
- 1/3 cup extra virgin olive oil
- 2 TBSP water

- 1 head romaine lettuce, trimmed and torn into bite-size pieces
- 1/3 cup freshly grated Parmesan cheese

Preheat oven to 350°F.

In a bowl toss bread cubes with oil and salt to taste and spread in a jelly-roll pan. Bake croutons in middle of oven until golden, 10 to 15 minutes.

In a blender blend together at high speed garlic, anchovies, lemon juice, mayonnaise, and salt until smooth.

With motor running add oil in a slow stream and blend until emulsified. Add water and blend dressing well.

In a large bowl toss romaine with dressing, Parmesan, croutons, and pepper to taste.

with the remaining pieces of dough. At this point the gnocchi must be cooked immediately or frozen.



COOKING AT MADELINE'S TABLE

PART OF THE JERSEY GIRL CAFE CULINARY COLLECTION



Pasta Making 101

Molten Chocolate Lava Cakes

Store the batter for these cakes in individual custard cups covered with plastic in the fridge. They can be stored for a week unbaked.

- 4 oz semi-sweet chocolate (chips are ok)
- 1/2 cup (1 stick) butter
- 1 cup powdered sugar
- 2 eggs
- 2 egg yolks
- 6 TBSP flour
- 1 cup fresh berries mixed with 1 TBSP sugar

Preheat oven to 425°F. Butter four 3/4-cup custard cups or soufflé dishes. Place on baking sheet.

Microwave chocolate and butter in large microwaveable bowl on HIGH 1 min. or until butter is melted. Stir with wire whisk until chocolate is completely melted. Stir in sugar until well blended. Blend in eggs and egg yolks with wire whisk. Stir in flour. Divide batter among prepared custard cups.

Bake 13 to 14 min. or until sides are firm but centers are soft. Let stand 1 min. Carefully run small knife around cakes to loosen. Invert cakes onto dessert dishes.

Serve immediately, topped with macerated berries.

