

Ricetta



INFORMAZIONI

From the garden
(Dal giardino)

- Carrots
- Beetroot
- Capsicum
- cabbage

TITOLO:

Linguine Arcobaleno (*rainbow linguine*)

INGREDIENTI:

Beetroot	Carrots
Red capsicum	Turmeric
Spinach	Red cabbage
2 cups of flour	2 eggs
olive oil	Salt to taste
Oregano	Italian herbs
cheese	pepper
Chilli flakes	rosemary
Thyme	basil

METODO:

- 1) Each of these doughs that I have made for you contains one or more of the vegetables that are listed in the ingredients list
- 2) Fill in your sheet as a group and decide which vegetables are used to make each colour...some might trick you! Take that sheet back to your table and paste it in your recipe/kitchen book when you get back to your classroom
- 3) Use your doughs to make a linguine pasta. You may use the pasta machine, or a pizza roller to cut your dough. You can also choose any combination of colours to make your rainbow (arcobaleno) pasta combination
- 4) Choose a base for your pasta sauce as a group. Then you will add additional herbs and flavours to personalise your sauce.
- 5) While your sauce is infusing with its flavours you have added, cook your linguine for a minimum of 2 minutes (time will depend on the thickness of your pasta)
- 6) Drain pasta serve into bowls and top with sauce

Season (*la stagione*)

All seasons (capsicum summer)

Appetizer

Primo Secondo

Contorno Dolce

Equipment (*Attrezzatura*)

- food processor
- pasta machine
- pot
- ladel
- measuring spoons
- pizza cutter
- tongs
- strainer

Yield (*prodotto*)

4-5 serves linguine pasta



Buon appetito!

