DSAT Virtual Cooking Class
Monday, February 9, 2026
Cacio e Pepe and Kale CaesarTools:

For the Pasta:
1 large pot (for boiling pasta)
colander
Grater
Ladle or heat proof cup
large bowl for serving

For the salad:
sharp knife
grater
whisk/fork
glass measuring cup (two cup) or small bowl to mix the dressing
Bowl to serve the salad

Cacio e Pepe Recipe

Ingredients:

1 pound of uncooked pasta
2 cups of finely grated Parmesan/Grana Padano or Pecorino Cheese
½ – 1 tablespoon of freshly ground pepper
sea salt – 3 tablespoons plus more for finishing
Optional:
2-4 tablespoons of unsalted butter or extra virgin olive oil

Directions:

Fill a large pot with cold water. Bring to a boil. Throw in a good 1-2 handfuls of sea salt.

Add your pasta and give it a stir so it doesn't stick together.

While the pasta is cooking, grind your pepper and set aside and grate your cheese and set aside.

If adding unsalted butter OR olive oil measure out and set aside.

After the pasta has been boiling for five minutes, grab a piece and test it. Your goal is al dente … and that means when you bite it, it should have a little give. One test is to bite it and look at the centre of the noodle. You should see a little white dot.

When the pasta is al dente, remove 2 cups of the starchy pasta water before you drain the pasta completely.

Return the pasta to your empty pot. Add pepper, 1 ½ cups of grated cheese and ladle in ½ cup of pasta water. If adding olive oil or butter, add that now too. Stir vigorously with a wooden spoon or spatula. Add more starchy pasta water bit by bit until the pasta is thoroughly coated with cheese and pepper.

****NOTE: you will not use all of the two cups of water.

Taste. Add salt or more pepper to your taste. Serve and top with remaining ½ cup of cheese.

Kale Caesar

Ingredients:

One bunch of Kale washed and chopped into bite sized pieces
2-3 cloves of minced garlic
1 egg beaten
2-3 cloves of garlic minced
½-1 cup of grated Parmesan/Grana Padono or Pecorino Cheese
¼ cup of olive oil
1 tablespoon of cider/white/white wine vinegar
1 tablespoon of fresh lemon juice
½ teaspoon of dijon or dry mustard powder
salt and freshly ground pepper

Optional:
2-3 anchovy fillets minced
cooked crispy bacon
baguette cut in rounds or cubes for croutons

Directions:

Wash, dry and cut kale and put into a bowl. If not using the Black Kale, remove the centre rib – it's so woody and hard and gross.

Using a small bowl or a 2-cup measuring cup, add ¼ cup of olive oil. Add in egg. Whisk thoroughly so there are no gooby lumps.

Mince garlic and toss in. Add lemon juice, vinegar and mustard.

If using anchovies, mince and toss in. If using Tabasco add a couple of drops.

Add cheese.

Taste. Add salt and pepper to taste.

If you want it more tangy add vinegar and/or lemon juice in tiny increments … like a teaspoon or half teaspoon. If you want it less tangy, add more olive oil in similar small amounts.

Croutons:

If you are making croutons, the key is low and slow. If you've made bacon, use the bacon grease in the pan because it's delicious. Fry your rounds and cubes on low heat and turn them regularly so the don't burn. If you aren't using bacon grease, fill the bottom of your frying pan with 3-4 mm of olive oil.