

DSAT Virtual Dinner
Monday, June 29
Parmesan, Broccoli and Romano Bean Pasta and Kale Caesar

Creamy garlic pasta with a rich Parmesan sauce.

Tools:

medium pot
cutting board
sharp knife
grater

Preparation Before Class:
Assemble Ingredients

Ingredients:

2 cups of dry penne/elbow/fusili/bowtie pasta

For the sauce:

1 cup of chicken stock/vegetable stock or water

2-3 cloves of garlic minced

1 cup of Romano beans rinsed

3-4 tablespoons of finely grated Parmesan cheese

salt and pepper to taste

2 -3 cups of broccoli florets

4-5 fresh basil leaves finely sliced

Optional:

1 piece of Parmesan rind

1 tablespoon of unsalted butter

Tools:

medium pot

small pot

sieve or colander

grater

hand blender/blender

Directions:

1. Fill a medium pot with water. Add handful of salt and set to boil
2. While you are waiting for your water to boil, prepare your bean and Parmesan sauce.
3. Put 1 cup of chicken stock in a small pot and set to simmer.
4. Add minced garlic.
5. If you have a piece of Parmesan rind, add it in and allow it to simmer.
6. Cut your broccoli florets.
7. When the water comes to a boil, add the pasta. Set the sieve on top of the pot and allow the

broccoli to steam for a few minutes.

8. Remove the Parmesan rind and add the beans. Simmer for a few minutes.
9. Using your hand blender, blend the beans and stock until creamy. Add ½ cup of Parmesan cheese. Add butter and stir. Taste. Add salt and pepper to taste and remove from heat.
10. Remove the broccoli from the heat and put in a large bowl. Check the pasta for doneness. It should be cooked in 7 minutes.
11. Drain the pasta and add to the broccoli. Add Romano bean sauce and stir.
12. Top with more grated Parmesan and serve.

Kale Caesar

Ingredients:

1 bunch of Kale de-ribbed, washed, dried and cut

Dressing:

½ cup of olive oil

1 tablespoon of fresh lemon juice

1 egg beaten or 1 tablespoon of mayonnaise

½ tablespoon cider vinegar

2-3 cloves of garlic minced

1 teaspoon of dijon mustard

1/3 cup of finely grated Parmesan

salt and pepper to taste

Optional: dash of hot sauce, cooked bacon, anchovies

Directions:

Place kale in bowl. Beat egg. Add olive oil, lemon juice, dijon, Parmesan and salt and pepper. Taste. Adjust with more salt/pepper, vinegar.

Pour over kale. Toss vigorously. Grate a little more Parmesan before serving.