

Grocery List for Virtual Cooking Class:

Check your pantry (fridge, shelves & freezer for these items before heading to the store to buy more!)

Dairy/Deli:

- 250 g cranberry and cinnamon goat cheese
- Butter
- 1 tub (475 g) ricotta
- 1 egg

Produce:

- 1 small Bartlett or Bosc pear
- 300 g baby spinach
- Fresh sage leaves

Pantry:

- Dried cranberries
- All purpose flour
- Salt and pepper

Frozen:

- Phyllo pastry

Equipment List:

This list includes some of the equipment you will need for the recipes.

- Bowls
- Baking sheets
- Pastry brush
- Wooden spoons
- Serrated knife
- Cutting board
- Chef's knife
- Paring knife (small knife)
- Forks
- Large saucepan
- Large skillet
- Parchment paper
- Spoons
- Measuring cups
- Measuring spoons

NOTES:

- If you are joining us to cook during the virtual cooking class there are some important things you should have ready before we start
- Read through all the recipes
- Thaw phyllo in refrigerator the night before
- Have ingredients at room temperature
- Open cheese and have at room temperature
- Cook spinach and drain well (squeeze out water)
- Preheat oven to 400 F (200 C)
- Melt butter
- Finely dice pear



Homemade Ricotta Gnocchi with Butter Sage Sauce

I learned how to roll these little dumplings on a gnocchi basket from my Nonna, I also have a gnocchi paddle that makes the ridges on these gnocchi, but a fork does the job perfectly.

- 1 large tub (10 oz/300 g) baby spinach, washed
- 1 tub (475 g) ricotta cheese
- 1 egg
- 3 cups (750 mL) all-purpose flour (approx.), divided
- 1/2 tsp (2 mL) salt
- Additional flour for tossing and rolling gnocchi

In a large skillet, cover and cook spinach over medium heat for about 5 minutes. Drain and let cool slightly. Squeeze spinach well. Chop spinach; set aside.

In a large bowl, whisk together ricotta, egg and chopped spinach. Gradually stir in 2 1/2 cups (625 mL) of the flour and salt with wooden spoon until a soft dough forms. Place dough on a floured surface and knead in remaining flour for 5 minutes to form a smooth dough.

Divide dough into 8 pieces; roll each into long, thin strands, about 1 inch (2.5 cm) thick. Cut into about 1-inch (2.5 cm) pieces. Toss with some flour.

Roll each piece across tines of a fork, gnocchi paddle or gnocchi basket to form grooves. Toss with flour and place in a single layer on a floured baking sheet. Repeat with remaining dough.

In a large pot of boiling salted water, cook gnocchi fresh for about 5 minutes or until they float to the top and are tender throughout. Drain with a slotted spoon, toss with your favourite sauce.

Makes 2 lb (1 kg), enough for 4 to 6 servings.

Make ahead: If you want to freeze the gnocchi, Place the baking sheet in the freezer until gnocchi are firm. Once they are firmly frozen, use a spatula to scrape gnocchi off the baking sheet into a freezer bag or container and freeze for up to 3 months.

Tip: To make plain ricotta gnocchi, omit spinach and use only 2 cups (500 mL) of flour to stir in to form soft dough. You may need to knead in more flour to form a smooth dough.

Butter Sage Sauce: Melt 1/4 cup (60 mL) butter in a large skillet over medium heat and add 12 fresh sage leaves, chopped and cook for about 1 minute. Toss with boiled gnocchi and sprinkle with fresh grated Parmesan to serve.



Goat Cheese and Pear Phyllo Bites

This cranberry and goat cheese combination blends perfectly for a warm appetizer on a cold winter night. Creamy goat cheese wrapped in crispy phyllo can also be savoured with sparkling wine or a cocktail.

- 1 package (250 g) cranberry and cinnamon goat cheese
- 1 small, ripe but firm Bartlett or Bosc pear, cored and finely diced
- 1/4 cup (60 mL) dried cranberries or finely chopped walnuts
- Pinch each salt and pepper
- 8 sheets phyllo pastry
- 1/3 cup (75 mL) butter, melted

In a bowl, stir together goat cheese, pear, cranberries, salt and pepper until combined and set aside. Preheat oven to 400°F (200°C).

Lay one sheet of phyllo on work surface and brush lightly with butter.

Top with another sheet of phyllo and brush with butter. Repeat with another two sheets of phyllo and butter until four sheets have been used. Spoon half of the goat cheese mixture along one long side of phyllo, leaving a 2-inch (5 cm) border on each side. Fold over sides and roll up phyllo in jellyroll style to form a long roll. Place with seam side down on a large parchment paper lined baking sheet. Repeat with remaining phyllo and filling. Brush rolls with butter and score top of phyllo at about 1 inch (2.5 cm) intervals.

Bake for about 15 minutes or until golden brown. Let cool for 20 minutes. Using a serrated knife, slice into 1-inch (2.5 cm) thick rounds.

Makes about 30 pieces.

**Recipe from the new Best of Bridge 5 Ingredient Cooking .*

Cookbook by Emily Richards and Sylvia Kong, published by Robert Rose 2020