

Cook-Along w/Liz

Cook the Book-Six Season by Joshua McFadden

Ingredients, Equipment

Recipe #1 Kale Sauce with Any Noodle

Ingredients for class:

Serves 2-4
Kosher salt, to taste
¼ cup extra-virgin olive oil, plus more for serving
2 cloves garlic, smashed flat and peeled
1 pound kale, thick ribs removed (dark green, curly kale)
Freshly ground black pepper, to taste
½ pound pasta, like pappardelle or rigatoni
¾ cup coarsely grated Parmigiano- Reggiano

Equipment for class:

Large pot filled 2/3 full with water
strainer
ladle
small heavy pot or skillet
small bowl
tongs or slotted spoon
blender

Recipe#2 Red Pepper, Potato, and Prosciutto Frittata Topped with Ricotta

Ingredients for class:

1/2 pound yukon gold potatoes
kosher salt and freshly ground black pepper
2 tablespoons unsalted butter
2 red bell peppers
1 bunch scallions
4 ounces prosciutto
6 eggs
1/2 cup finely grated Parmigiano-Reggiano cheese
Extra-virgin olive oil
1/2 cup whole-milk ricotta cheese

Equipment for class:

Oven preheated to 400 degrees
4 qt saucepan
strainer
medium bowl
10-inch skillet-nonstick if you have one
large bowl for eggs
whisk
rubber spatula
cutting board or cooling rack

Before class:

Prep ingredients as indicated in the above ingredient list.