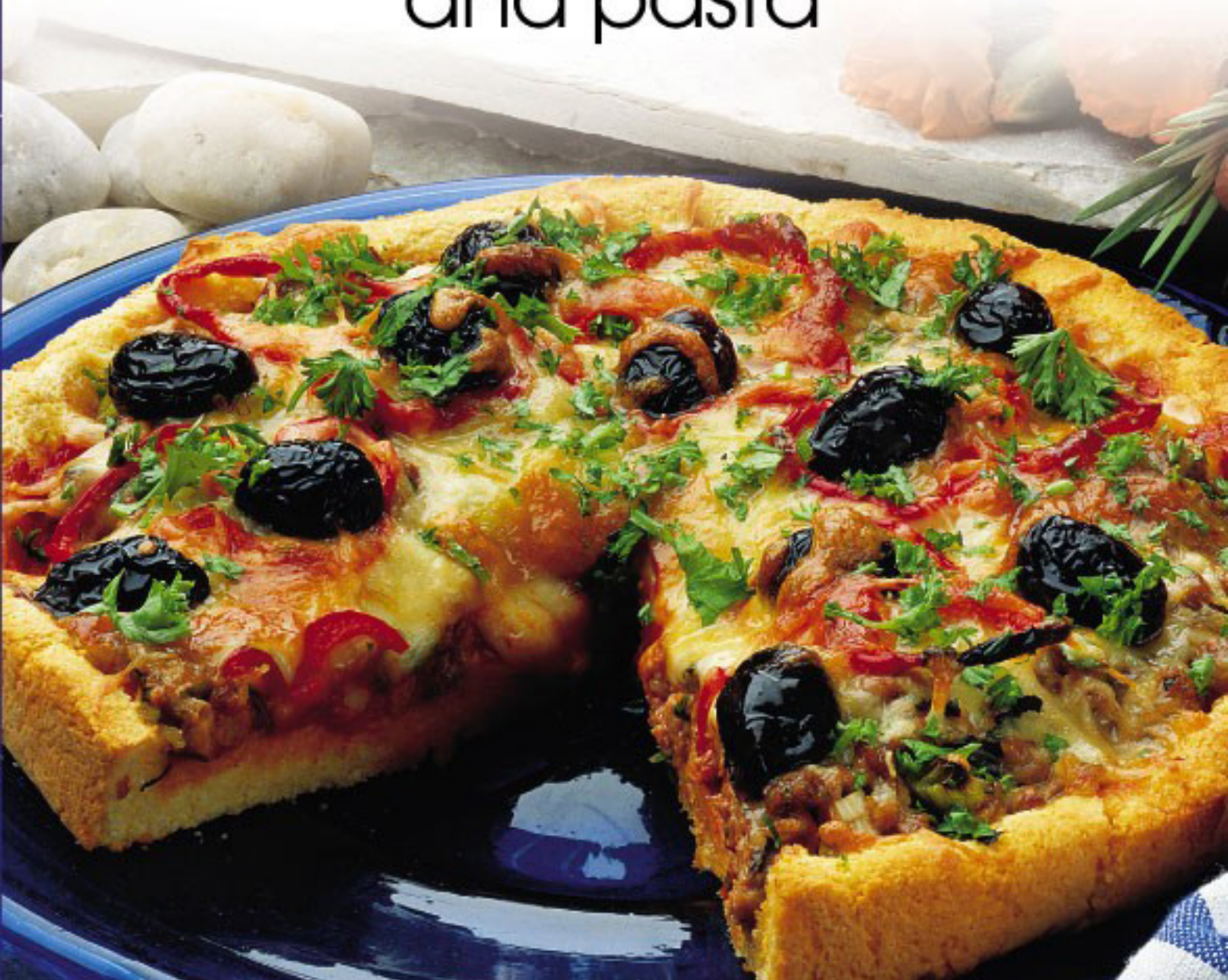


*quick and easy*

# pizzas

and pasta





*quick and easy*

# pizzas

and pasta



Food & Styling DONNA HAY  
Photography QUENTIN BACON

# Introduction

*In this book you will find a host of recipes for two of the world's favourite foods - pizzas and pasta. Packed with mouthwatering recipes for these ever-popular foods, this book will become an invaluable kitchen companion to today's cook.*

*You will be surprised at the variety of pizzas you can create in your own kitchen - individual pizzas that are ideal finger and picnic food, or large round or rectangular pizzas suitable for feeding a team of hungry teenagers, or those wonderful filled pizzas called calzone. The pasta recipes are just as exciting and you will find ideas and recipes suitable for easy entertaining, family meals, the health-conscious and vegetarians.*



Published By:  
Standard International Print Group  
860 6th Avenue South # 1675  
Naples, FL. 34102  
(c) Standard International Copyright  
Leasing  
Tel: 239-595-5516  
Email: sales@stndpub.com  
Web: www.stndpub.com

Quick & Easy Pizzas & Pasta  
ISBN: 9781600817120 BAN

October 2018

All rights reserved. No part of this book may be stored, reproduced or transmitted in any form or by any means without written permission or the publisher, except in the case of brief quotations embodied in critical articles and reviews.

## THE PANTRY SHELF

Unless otherwise stated, the following ingredients used in this book are:

Cream	Double, suitable for whipping
Flour	White flour, plain or standard
Sugar	White sugar

## WHAT'S IN A TABLESPOON?

### AUSTRALIA

1 tablespoon = 20 mL OR 4 teaspoons

### NEW ZEALAND

1 tablespoon = 15 mL OR 3 teaspoons

### UNITED KINGDOM

1 tablespoon = 15 mL OR 3 teaspoons

The recipes in this book were tested in Australia where a 20 mL tablespoon is standard. All measures are level.

The tablespoon in the New Zealand and United Kingdom sets of measuring spoons is 15 mL. For recipes using baking powder, gelatine, bicarbonate of soda, small quantities of flour and cornflour, simply add another teaspoon for each tablespoon specified.

## CANNED FOOD

Can sizes vary between countries and manufacturers. You may find the quantities in this book are slightly different from what is available. Purchase and use the can size nearest to the suggested size in the recipe.

## MICROWAVE IT

Where microwave instructions occur in this book a microwave oven with a 650 watt output has been used. Wattage on domestic microwave ovens varies between 500 and 700 watts, so it may be necessary to vary cooking times slightly depending on the wattage of your oven.

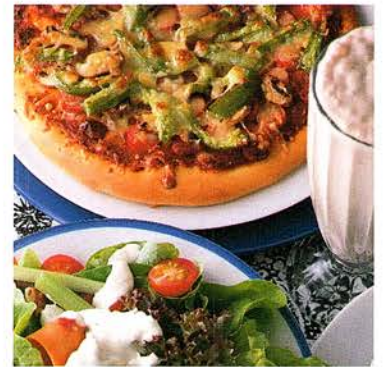


# CONTENTS

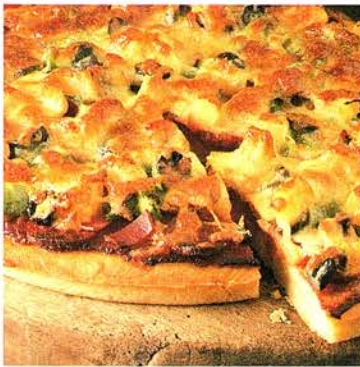
*Light  
and Fresh*  
4



*Pizza Party*  
62



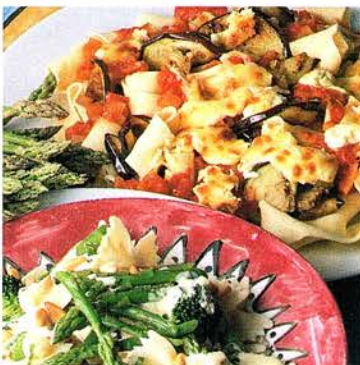
*The Classics*  
20



*Pasta Party*  
68



*Just  
Vegetables*  
34



*The Basics*  
72



*Something  
Special*  
50



*Index*  
79



# LIGHT AND FRESH

*These healthy pasta dishes and delicious yet good-for-you pizzas will be adored by anyone looking for fresh ideas and interesting food. Pizzas and pasta are often associated with creamy sauces, masses of rich cheese and lots of olive oil. The recipes in this chapter keep these ingredients to a minimum while still retaining the traditional tastes of these ever-popular foods.*



## PENNE WITH SAFFRON AND PRAWNS

500 g/1 lb penne  
500 g/1 lb cooked prawns, shelled  
and deveined  
125 g/4 oz snow peas (mangetout),  
blanched

### SAFFRON SAUCE

30 g/1 oz butter  
1 tablespoon flour  
1 cup/250 mL/8 fl oz reduced-fat milk  
1/2 teaspoon saffron threads or pinch  
saffron powder  
1 tablespoon chopped fresh sage  
or 1/2 teaspoon dried sage

---

While saffron is an expensive spice you only require a little to add wonderful colour and flavour to food. Food flavoured with saffron has a distinctive aroma, a bitter honey-like taste and a strong yellow colour.

---

1 Cook pasta in boiling water in a large saucepan following packet directions. Drain, set aside and keep warm.

2 To make sauce, melt butter in a small saucepan over a medium heat, stir in flour and cook for 1 minute. Remove pan from heat and whisk in milk, saffron and sage. Return pan to heat and cook, stirring, for 3-4 minutes or until sauce boils and thickens.

3 Add prawns and snow peas (mangetout) to hot pasta and toss to combine. Top with sauce and serve immediately.

**Serves 4**

*Penne with Saffron and Prawns,  
Pasta with Fresh Tomato Sauce (page 6)*







## PASTA WITH FRESH TOMATO SAUCE

500 g/1 lb angel's hair pasta  
30 g/1 oz grated Parmesan cheese  
185 g/6 oz rocket  
fresh Parmesan cheese

### FRESH TOMATO SAUCE

4 ripe large tomatoes, chopped  
1/4 cup/60 mL/2 fl oz vegetable stock  
1 tablespoon balsamic or  
red wine vinegar  
freshly ground black pepper

Parmesan cheese shavings make an elegant garnish for many pasta dishes. To make shavings, you will need a piece of fresh Parmesan cheese. Use a vegetable peeler or a coarse grater to remove shavings from cheese.

If rocket is unavailable use watercress instead.

1 Cook pasta in boiling water in a large saucepan following packet directions. Drain, set aside and keep warm.

2 To make sauce, place tomatoes in a food processor or blender and process until smooth. With machine running, add stock, vinegar and black pepper to taste and process to combine.

3 Add grated Parmesan cheese to hot pasta and toss to combine. To serve, top pasta with sauce, rocket leaves and shavings of Parmesan cheese.

*Serves 4*



## FETTUCCINE WITH SPINACH SAUCE

500 g/1 lb fettuccine  
fresh Parmesan cheese

### SPINACH SAUCE

15 g/1/2 oz butter  
1 clove garlic, crushed  
1 leek, sliced  
1 bunch/500 g/1 lb English  
spinach, chopped  
250 g/8 oz reduced-fat cream cheese  
2 tablespoons grated Parmesan cheese  
1/2 cup/125 mL/4 fl oz chicken stock

1 Cook pasta in boiling water in a large saucepan, following packet directions. Drain, set aside and keep warm.

2 To make sauce, melt butter in a saucepan over a medium heat, add garlic and leek and cook, stirring, for 3 minutes. Add spinach and cook for 3 minutes longer or until spinach wilts.

3 Place spinach mixture, cream cheese, grated Parmesan cheese and stock in a food processor or blender and process until smooth. Return sauce to a clean saucepan, bring to simmering and simmer, stirring constantly, for 5-6 minutes or until sauce thickens and is heated through.

4 Spoon sauce over hot pasta and toss to combine. Serve topped with shavings of Parmesan cheese.

*Serves 4*

This pretty pasta dish is a perfect first course for a vegetarian meal. If serving as a starter this recipe will serve six.



## LINGUINE WITH CHILLI AND LEMON

*Linguine with Chilli and Lemon,  
Fettuccine with Spinach Sauce*

500 g/1 lb fresh linguine or spaghetti  
 2 tablespoons olive oil  
 6 cloves garlic, peeled  
 2 fresh red chillies, seeded and sliced  
 125 g/4 oz rocket, shredded  
 3 teaspoons finely grated lemon rind  
 2 tablespoons lemon juice  
 freshly ground black pepper  
 90 g/3 oz grated Parmesan cheese

1 Cook pasta in boiling water in a large saucepan, following packet directions. Drain, set aside and keep warm.

2 Heat oil in a frying pan over a low heat, add garlic and chillies and cook, stirring, for 6 minutes or until garlic is golden. Add garlic mixture, rocket, lemon rind, lemon juice, black pepper to taste and Parmesan cheese to hot pasta and toss to combine.

*Serves 4*

Linguine is a long thin pasta with square-cut edges that comes from Campania in Southern Italy. If unavailable fettuccine, tagliatelle and spaghetti are all suitable alternatives. If rocket is unavailable watercress can be used instead.



# PESTO VEGETABLE CALZONE

Oven temperature  
200°C, 400°F, Gas 6

Calzone is basically a pizza folded over to encase the filling. These individual calzone make great finger food for an informal party and leftovers are a welcome addition to a packed lunch.

2 quantities Basic Pizza  
Dough (page 74)  
olive oil

## VEGETABLE AND CHEESE FILLING

2 eggplant (aubergines), sliced  
1 red pepper, chopped  
1 green pepper, chopped  
2 zucchini (courgettes), chopped  
 $\frac{3}{4}$  cup/185 g/6 oz ready-made pesto  
4 bocconcini or 125 g/4 oz mozzarella  
cheese, chopped  
3 tablespoons pine nuts  
freshly ground black pepper

1 To make filling, brush eggplant (aubergine) slices with a little oil and cook under a preheated hot grill for 3-4 minutes each side or until golden. Drain on absorbent kitchen paper and chop.

2 Heat 1 tablespoon oil in a frying pan over a medium heat, add red pepper, green pepper, zucchini (courgettes) and pesto and cook, stirring, for 3 minutes or until vegetables are soft. Mix in eggplant (aubergines) and set aside to cool.

3 Add cheese, pine nuts and black pepper to taste to vegetable mixture and mix to combine.

4 Prepare pizza dough as described in recipe. Divide dough into eight portions and shape each to form a 5 mm/ $\frac{1}{4}$  in thick round with a 15 cm/6 in diameter. Place spoonfuls of filling in the centre of each dough round, brush the edges with water, then fold over to form a half circle. Press edges together to seal and using a fork make a decorative pattern.

5 Brush calzone with oil, place on lightly greased baking trays and bake for 20 minutes or until puffed and golden.

**Makes 8**



*Pesto Vegetable Calzone*





## SARDINE AND LIME PIZZA

*Sardine and Lime Pizza*

1 quantity Basic Pizza Dough (page 74)

### SARDINE AND ONION TOPPING

- 2 teaspoons olive oil
- 3 red onions, sliced
- 3 cloves garlic, crushed
- 3 tablespoons chopped fresh mixed herbs
- 2 x 100 g/3½ oz canned sardines, drained
- 1 tablespoon finely grated lime rind
- 1 tablespoon lime juice
- freshly ground black pepper

**Serves 4**

1 Prepare pizza dough as described in recipe, then shape to form a 1 cm/½ in thick round with a 30 cm/12 in diameter. Place on a lightly greased baking tray and set aside.

2 To make topping, heat oil in a frying pan over a low heat. Add onions and garlic and cook, stirring, for 5 minutes or until onions are soft. Add herbs and mix to combine.

3 Spread onion mixture over pizza base, top with sardines, sprinkle with lime rind, lime juice and black pepper to taste. Bake for 10 minutes, then reduce oven temperature to 190°C/375°F/Gas 5 and bake for 15 minutes longer or until base is crisp and golden.

---

Oven temperature  
220°C, 425°F, Gas 7

---



---

Use whatever herbs are in season for this pizza. For a traditional combination dill and parsley are delicious or for a Thai feel why not try coriander, basil and parsley.

---



# GRILLED VEGETABLE PASTA

- 1 red pepper, seeded and cut into quarters
- 1 yellow pepper, seeded and cut into quarters
- 1 green pepper, seeded and cut into quarters
- 6 baby eggplant (aubergines), cut lengthwise into quarters
- 2 tablespoons olive oil
- 8 plum (egg or Italian) tomatoes, halved
- 8 slices prosciutto or lean ham
- 1 red onion, sliced
- 2 cloves garlic, crushed
- 1 tablespoon chopped fresh purple basil or green basil
- freshly ground black pepper
- 500 g/1 lb fresh spinach tagliatelle

1 Place red, yellow and green pepper quarters, skin side up, under a preheated hot grill and cook for 5-10 minutes until skins are blistered and charred. Place peppers in a plastic food bag and set aside until cool enough to handle. Remove skins from peppers and cut flesh into thick slices.

2 Brush cut surfaces of eggplant (aubergines) lightly with oil and cook under preheated hot grill for 2-3 minutes each side or until golden.

3 Place tomatoes, skin side down, under preheated hot grill and cook for 2 minutes or until soft.

4 Cook prosciutto or ham under preheated hot grill for 1 minute each side or until crisp. Drain on absorbent kitchen paper and set aside.

5 Heat remaining oil in a frying pan over a medium heat, add onion and garlic and cook, stirring, for 4 minutes or until onion is soft and golden. Add red pepper, yellow pepper, green pepper, eggplant (aubergines), tomatoes, basil and black pepper to taste and cook, stirring, for 4 minutes.

6 Cook pasta in boiling water in a large saucepan following packet directions. Drain well, top with vegetable mixture and prosciutto or ham slices. Serve immediately.

**Serves 4**

---

This pretty pasta dish is delightful for casual entertaining. A complete meal might start with a mixed green salad and crusty bread and finish with a selection of fresh seasonal fruit.  
If plum (egg or Italian) tomatoes are unavailable use small ordinary tomatoes instead.

---







# CHILLI PRAWN PIZZA

Oven temperature  
200°C, 400°F, Gas 6

- 1 quantity Basic Pizza Dough (page 74)
- 3 tablespoons tomato paste (purée)
- 2 teaspoons vegetable oil
- 1 teaspoon ground cumin
- 3 fresh red chillies, seeded and chopped
- 2 cloves garlic, crushed
- 2 tablespoons lemon juice
- 500 g/1 lb uncooked prawns,  
shelled and deveined
- 1 red pepper, sliced
- 1 yellow or green pepper, sliced
- 2 tablespoons chopped fresh coriander
- 2 tablespoons grated Parmesan cheese
- freshly ground black pepper

For a complete meal  
accompany this tasty pizza  
with a salad of mixed  
lettuces and fresh herbs.

1 Prepare pizza dough as described in recipe, then shape to form a 30 cm/12 in round. Place on a lightly greased baking tray, spread with tomato paste (purée) and set aside.

2 Heat oil in a frying pan over a medium heat, add cumin, chillies and garlic and cook, stirring, for 1 minute.

3 Stir in lemon juice and prawns and cook for 3 minutes longer or until prawns just change colour and are almost cooked.

4 Top pizza base with red pepper, yellow or green pepper, then with prawn mixture, coriander, Parmesan cheese and black pepper to taste. Bake for 20 minutes or until base is crisp and golden.

*Serves 4*







## SALMON AND AVOCADO PIZZA

1 quantity Basic Pizza Dough (page 74)  
 200 g/6½ oz ricotta cheese, drained  
 2 tablespoons chopped fresh dill  
 1 tablespoon chopped fresh lemon  
 thyme or ½ teaspoon dried thyme and  
 1 teaspoon finely grated lemon rind  
 250 g/8 oz smoked salmon slices  
 1 avocado, stoned, peeled and sliced  
 1 tablespoon capers, drained  
 125 g/4 oz cherry tomatoes, halved

1 Prepare pizza dough as described in recipe, then press dough into a greased 26 x 32 cm/10½ x 12¾ in Swiss roll tin. Set aside.

2 Place ricotta cheese, dill and thyme in a bowl and mix to combine. Spread ricotta mixture over pizza base and bake for 15 minutes.

3 Top pizza with smoked salmon, avocado slices, capers and tomatoes. Reduce oven temperature to 180°C/350°F/Gas 4 and bake for 10 minutes longer or until heated through and base is crisp and golden.

---

Oven temperature  
 200°C, 400°F, Gas 6

---



---

In Italy the domestic pizza is often made with pastry rather than a yeast bread dough. You might like to try this alternative. Other easy bases include purchased focaccia bread, pitta bread rounds, hamburger buns and muffins. Different bases may affect the cooking time of your pizza.

---

Left: Chilli Prawn Pizza  
 Above: Salmon and Avocado Pizza

**Serves 4**



## YOGURT CHICKEN PIZZA

Oven temperature  
200°C, 400°F, Gas 6

- 1 quantity Basic Pizza Dough (page 74)  
1/2 cup/100 g/3 1/2 oz low-fat  
natural yogurt  
1 tablespoon chopped fresh mint  
1 tablespoon mango chutney  
250 g/8 oz cooked chicken, chopped  
1 red pepper, thinly sliced  
1 tablespoon fresh coriander leaves  
3 tablespoons pine nuts

1 Prepare pizza dough as described in recipe, then shape to form a 30 cm/12 in round. Place on a lightly greased baking tray and set aside.

2 Place yogurt, mint and chutney in a bowl and mix to combine. Spread yogurt mixture over pizza base and bake for 15 minutes.

3 Top pizza with chicken, red pepper, coriander leaves and pine nuts and bake for 10-15 minutes longer or until topping is heated through and base is crisp and golden.

*Serves 4*

A great way to turn leftover cooked chicken into something special. As a delicious alternative this pizza could be made with leftover cooked lamb.



## PROSCIUTTO AND CHEESE CALZONE

Oven temperature  
200°C, 400°F, Gas 6

- 2 quantities Basic Pizza  
Dough (page 74)  
olive oil

### PROSCIUTTO AND CHEESE FILLING

- 200 g/6 1/2 oz ricotta cheese, drained  
14 slices prosciutto or lean ham,  
chopped  
125 g/4 oz provolone or Parmesan  
cheese, grated  
30 g/1 oz sun-dried tomatoes, chopped  
60 g/2 oz pitted black olives, chopped  
2 tablespoons chopped fresh basil

1 To make filling, place ricotta cheese, prosciutto or ham, provolone or Parmesan cheese, sun-dried tomatoes, olives and basil in a bowl and mix to combine. Set aside.

2 Prepare pizza dough as described in recipe. Divide dough into eight portions and shape each to form a 5 mm/1/4 in thick round with a 15 cm/6 in diameter. Place spoonfuls of filling in the centre of each dough round, brush the edges with water, then fold over to form a half circle. Press edges together to seal and using a fork make a decorative pattern.

3 Brush calzone with oil, place on lightly greased baking trays and bake for 20 minutes or until puffed and golden.

*Makes 8*

A salad of mixed lettuces tossed with balsamic vinegar makes a wonderful accompaniment to these individual calzone.

*Yogurt Chicken Pizza,  
Prosciutto and Cheese Calzone*







# TOMATO AND CHEESE LASAGNE

Oven temperature  
180°C, 350°F, Gas 4

If instant (no precooking required) lasagne is unavailable use dried lasagne instead, but cook it briefly before using. When using instant (no precooking required) lasagne the cooked dish tends to be moister and the pasta more tender if the lasagne sheets are dipped in warm water before assembling lasagne.

- 1 cup/250 g/8 oz ricotta cheese, drained
- 1 tablespoon chopped fresh parsley
- 1 tablespoon chopped fresh basil
- freshly ground black pepper
- 60 g/2 oz grated pecorino or Parmesan cheese
- 125 g/4 oz grated mozzarella cheese
- 9 sheets instant (no precooking required) lasagne

## FRESH TOMATO SAUCE

- 2 teaspoons olive oil
- 2 cloves garlic, crushed
- 1 onion, chopped
- 7 tomatoes, peeled, seeded and chopped
- 2 tablespoons tomato paste (purée)
- 1 bay leaf
- 3 sprigs fresh thyme or 1/2 teaspoon dried thyme
- 1 small ham or bacon bone
- 1/2 cup/125 mL/4 fl oz water
- 1 teaspoon sugar

1 Place ricotta cheese, parsley, basil and black pepper to taste in a bowl and mix to combine. Set aside.

2 Place pecorino or Parmesan and mozzarella cheeses in a bowl and mix to combine. Set aside.

3 To make sauce, heat oil in a saucepan over a medium heat, add garlic and onion and cook, stirring, for 3 minutes or until onion is soft. Add tomatoes and cook, stirring for 4 minutes longer.

4 Add tomato paste (purée), bay leaf, thyme, ham or bacon bone, water and sugar and bring to the boil. Reduce heat and simmer, stirring occasionally, for 45 minutes or until sauce reduces and thickens. Remove ham or bacon bone from sauce and discard.

5 Place three lasagne sheets in the base of a greased 18 x 28 cm/7 x 11 in ovenproof dish. Top with one-third of the tomato sauce, then one-third of the ricotta mixture and one-third of the cheese mixture. Repeat layers twice more to use all ingredients finishing with a layer of cheese. Bake for 30 minutes or until hot and bubbling and top is golden.

**Serves 6**



Tile and plate Lakeman Oldroyd

Left: Tomato and Cheese Lasagne  
Right: Chicken and Mango Pasta Salad





Tile and plate Lakeman Oldroyd

## CHICKEN AND MANGO PASTA SALAD

- 500 g/1 lb large shell pasta
- 1 cooked chicken, flesh cut into bite-sized pieces
- 220 g/7 oz canned water chestnuts, drained and sliced
- 440 g/14 oz canned mangoes, drained and sliced

### MANGO CHUTNEY DRESSING

- 1 cup/250 g/8 oz low-oil mayonnaise
- $\frac{1}{2}$  cup/155 g/5 oz sweet mango chutney
- 2 spring onions, finely chopped
- 2 tablespoons chopped fresh coriander
- freshly ground black pepper

1 Cook pasta in boiling water in a large saucepan following packet directions. Drain, rinse under cold running water and drain again.

2 Place pasta, chicken, water chestnuts and mangoes in a bowl and toss to combine.

3 To make dressing, place mayonnaise, chutney, spring onions, coriander and black pepper to taste in a bowl and mix to combine. Spoon dressing over salad and toss to combine. Cover and chill until required.

**Serves 6**

Pasta salads are a great addition to a buffet or one such as this is a substantial one-dish meal. Leftover cooked turkey is a tasty alternative to chicken and when fresh mangoes are in season use these rather than canned ones.



# TAGLIATELLE WITH CHILLI OCTOPUS

1 kg/2 lb baby octopus, cleaned  
500 g/1 lb spinach tagliatelle

## CHILLI GINGER MARINADE

1 tablespoon sesame oil  
1 tablespoon grated fresh ginger  
2 tablespoons lime juice  
2 tablespoon sweet chilli sauce

## TOMATO SAUCE

2 teaspoons vegetable oil  
3 spring onions, sliced diagonally  
440 g/14 oz canned tomato  
purée (passata)

As a main course all this dish needs is a sauté of mixed vegetables or a tossed green salad and crusty bread or rolls. It is delicious served on its own as a first course, in which case it will serve six. This is also delicious made with calamari (squid) rings instead of octopus.

1 To make marinade, place sesame oil, ginger, lime juice and chilli sauce in a large bowl and mix to combine. Add octopus, toss to coat, cover and marinate in the refrigerator for 3-4 hours.

2 Cook pasta in boiling water in a large saucepan following packet directions. Drain, set aside and keep warm.

3 To make sauce, heat oil in a saucepan over a medium heat. Add spring onions and cook, stirring, for 1 minute. Stir in tomato purée (passata), bring to simmering and simmer for 4 minutes.

4 Cook octopus under a preheated hot grill for 5-7 minutes or until tender. Add octopus to sauce and toss to combine. Spoon octopus mixture over hot pasta and toss to combine.

Serves 4



# PASTA WITH AVOCADO SAUCE

500 g/1 lb pasta shapes of your choice  
125 g/4 oz snow peas  
(mangetout), trimmed  
125 g/4 oz yellow squash or  
zucchini (courgettes), sliced  
fresh Parmesan cheese (optional)

## AVOCADO SAUCE

1 avocado, stoned and peeled  
1 cup/250 g/8 oz ricotta cheese, drained  
1 tablespoon lime juice  
2 teaspoons finely grated lime rind  
2 tablespoons milk  
2 tablespoons chopped fresh coriander  
freshly ground black pepper

1 Cook pasta in boiling water in a large saucepan following packet directions. Drain, set aside and keep warm.

2 To make sauce, place avocado, ricotta cheese, lime juice, lime rind, milk, coriander and black pepper to taste in a food processor or blender and process until smooth. Set aside.

3 Boil, steam or microwave snow peas (mangetout) and squash or zucchini (courgettes) separately until just tender. Drain well. Add vegetables to hot pasta and toss to combine. To serve, top pasta with sauce and shavings of Parmesan cheese, if using.

Serves 6

To make shavings of Parmesan cheese see hint on page 6.

*Pasta with Avocado Sauce,  
Tagliatelle with Chilli Octopus*







# THE CLASSICS

*In this chapter you will find those often forgotten old favourites. There are recipes for Spaghetti Bolognese, Spaghetti Marinara, Pizza Supremo and the all-time favourite Macaroni Cheese. This is the chapter you will turn to time and again when you are looking for that traditional recipe like Mama used to make.*



## PIZZA SUPREMO

---

Oven temperature  
200°C, 400°F, Gas 6

---

---

If you only want to make one pizza, halve the topping ingredients and use only one quantity of dough. But remember everyone loves pizza and they always eat more than you – or they – think they will.

---

2 quantities Basic Pizza  
Dough (page 74)  
 $\frac{3}{4}$  cup/185 mL/6 fl oz tomato  
paste (purée)  
1 green pepper, chopped  
155 g/5 oz sliced peperoni or salami  
155 g/5 oz ham or prosciutto, sliced  
125 g/4 oz mushrooms, sliced  
440 g/14 oz canned pineapple  
pieces, drained  
60 g/2 oz pitted olives  
125 g/4 oz mozzarella cheese, grated  
125 g/4 oz tasty cheese (mature  
Cheddar), grated

1 Prepare pizza dough as described in recipe. Divide dough into two portions and shape each to form a 30 cm/12 in round. Place rounds on lightly greased baking trays and spread with tomato paste (purée).

2 Arrange half the green pepper, peperoni or salami, ham or prosciutto, mushrooms, pineapple and olives attractively on each pizza base.

3 Combine mozzarella cheese and tasty cheese (mature Cheddar) and sprinkle half the mixture over each pizza. Bake for 25-30 minutes or until cheese is golden and base is crisp.

**Serves 8**







# FETTUCCINE CARBONARA

500 g/1 lb fettuccine

## CARBONARA SAUCE

250 g/8 oz ham, prosciutto or bacon,  
chopped

$\frac{1}{2}$  cup/125 mL/4 fl oz chicken stock

1 cup/250 mL/8 fl oz cream (double)

7 eggs, lightly beaten

2 tablespoons chopped flat-leaf parsley  
freshly ground black pepper

This dish is very rich and needs only to be accompanied by a green salad and some crusty bread. It makes a great special occasion treat, but care should be taken not to overcook sauce. Once the pasta is added to the sauce its heat will also help to cook it. This dish can use any ribbon pasta.

1 Cook pasta in boiling water in a large saucepan following packet directions. Drain, set aside and keep warm.

2 To make sauce, cook ham, prosciutto or bacon in a frying pan over a medium heat for 3 minutes or until crisp.

3 Stir in stock and cream, bring to simmering and simmer until sauce is reduced by half.

4 Remove pan from heat, whisk in eggs, parsley and black pepper to taste. Return pan to heat and cook, stirring, for 1 minute. Remove pan from heat, add hot pasta to sauce and toss to combine. Serve immediately.

**Serves 6**







## PENNE NAPOLITANA

500 g/1 lb penne  
fresh Parmesan cheese

### NAPOLITANA SAUCE

2 teaspoons olive oil  
2 onions, chopped  
2 cloves garlic, crushed  
2 x 440 g/14 oz canned tomatoes,  
undrained and mashed  
 $\frac{3}{4}$  cup/185 mL/6 fl oz red wine  
1 tablespoon chopped flat-leaf parsley  
1 tablespoon chopped fresh oregano or  
 $\frac{1}{2}$  teaspoon dried oregano  
freshly ground black pepper

1 Cook pasta in boiling water in a large saucepan following packet directions. Drain, set aside and keep warm.

2 To make sauce, heat oil in a saucepan over a medium heat. Add onions and garlic and cook, stirring, for 3 minutes or until onions are soft.

3 Stir in tomatoes, wine, parsley, oregano and black pepper to taste, bring to simmering and simmer for 15 minutes or until sauce reduces and thickens.

4 To serve, spoon sauce over hot pasta and top with shavings of Parmesan cheese.

**Serves 4**

To make shavings of Parmesan cheese see hint on page 6.

Penne is a short tubular pasta similar to macaroni, but with the ends cut at an angle rather than straight. If penne is unavailable macaroni is a suitable alternative for this recipe.

Left: Fettuccine Carbonara  
Above: Penne Napolitana



## THREE-CHEESE PIZZA

Oven temperature  
200°C, 400°F, Gas 6

- 1 quantity Basic Pizza Dough (page 74)  
2 teaspoons vegetable oil

### CHEESE TOPPING

- 200 g/6<sup>1</sup>/<sub>2</sub> oz blue cheese, crumbled  
60 g/2 oz pine nuts  
125 g/4 oz mozzarella cheese, grated  
2 tablespoons fresh oregano leaves or  
<sup>1</sup>/<sub>2</sub> teaspoon dried oregano  
90 g/3 oz grated Parmesan cheese  
freshly ground black pepper

1 Prepare pizza dough as described in recipe. Remove about one-quarter of the dough and set aside. Press remaining dough into a lightly greased 26 x 32 cm/10<sup>1</sup>/<sub>2</sub> x 12<sup>3</sup>/<sub>4</sub> in Swiss roll tin and brush with oil.

2 Roll reserved dough into two sausage shapes each 26 cm/10<sup>1</sup>/<sub>2</sub> in long. Place these across the pizza base to divide it into three equal portions.

3 Top one-third of the pizza with the blue cheese and pine nuts. Another third with the mozzarella cheese and oregano leaves and the remaining third with the Parmesan cheese and black pepper to taste. Bake for 20-25 minutes or until cheese is golden and base is crisp.

*Serves 4*



## ORIGINAL TOMATO PIZZAS

Oven temperature  
200°C, 400°F, Gas 6

- 2 quantities Basic Pizza  
Dough (page 74)  
olive oil  
5 ripe tomatoes, sliced  
4 cloves garlic, sliced  
4 tablespoons fresh oregano leaves  
freshly ground black pepper

1 Prepare pizza dough as described in recipe. Divide dough into two portions and shape each to form a 30 cm/12 in round. Place rounds on lightly greased baking trays and brush with oil.

2 Arrange half the tomato slices, garlic and oregano on top of each pizza base and season to taste with black pepper. Bake for 15-20 minutes or until base is crisp and golden.

*Serves 8*

The simplest pizza of all, this one is best made with fresh young garlic. Any fresh herbs can be used in place of the oregano – marjoram, thyme and basil are all delicious alternatives.









## FRENCH PISSALADIERE

---

Oven temperature  
200°C, 400°F, Gas 6

---

2 quantities Basic Pizza  
Dough (page 74)  
24 anchovy fillets  
125 g/4 oz pitted black olives  
2 tablespoons capers, drained  
60 g/2 oz pine nuts  
freshly ground black pepper

### ONION TOPPING

2 tablespoons olive oil  
8 onions, thinly sliced  
6 cloves garlic, crushed  
2 tablespoons chopped fresh thyme or  
1 teaspoon dried thyme  
2 tablespoons sugar

---

Originating from the  
Provence region of France  
this delicious onion, anchovy  
and olive topped bread is  
the French equivalent of the  
Italian pizza.

---

1 Prepare pizza dough as described in  
recipe. Divide dough into two portions  
and press each into a lightly greased 26 x  
32 cm/10<sup>1</sup>/<sub>2</sub> x 12<sup>3</sup>/<sub>4</sub> in Swiss roll tin.

2 To make topping, heat oil in a large  
saucepan over a medium heat. Add  
onions and garlic and cook, stirring, for  
10 minutes or until onions are soft.  
Reduce heat to low, add thyme and sugar  
and cook, stirring frequently, for 20  
minutes or until mixture is thick and  
caramelised.

3 Spread half the onion mixture over  
each pizza base, then top with anchovy  
fillets, olives, capers, pine nuts and black  
pepper to taste. Bake for 20-25 minutes or  
until base is crisp and golden.

**Serves 8**



# FETTUCCINE PESTO

CLASSICS

500 g/1 lb fettuccine

BASIL PESTO

100 g/3 1/2 oz fresh Parmesan cheese,  
chopped

2 cloves garlic, crushed

60 g/2 oz pine nuts

1 large bunch basil, leaves removed and  
stems discarded

1/4 cup/60 mL/2 fl oz olive oil

1 Cook pasta in boiling water in a large  
saucepan following packet directions.  
Drain, set aside and keep warm.

2 To make pesto, place Parmesan  
cheese, garlic, pine nuts and basil in a  
food processor or blender and process to  
finely chop. With machine running,  
gradually add oil and continue processing  
to form a smooth paste. To serve, spoon  
pesto over hot pasta and toss to combine.

Basil is one of the herbs that  
characterises Italian cooking.  
This pesto can be made  
when basil is plentiful, then  
frozen and used as required.  
Treat yourself to this dish in  
mid-winter to remind you of  
balmy summer days.

Left: French Pissaladière  
Below: Fettuccine Pesto

**Serves 4**





# SPAGHETTI BOLOGNAISE

500 g/1 lb spaghetti  
grated Parmesan cheese (optional)

## BOLOGNAISE SAUCE

2 teaspoons vegetable oil  
1 clove garlic, crushed  
1 onion, chopped  
500 g/1 lb beef mince  
440 g/14 oz canned tomato purée  
(passata)  
<sup>1</sup>/<sub>4</sub> cup/60 mL/2 fl oz red wine or water  
1 tablespoon chopped fresh oregano or  
<sup>1</sup>/<sub>2</sub> teaspoon dried oregano  
1 tablespoon chopped fresh thyme or  
<sup>1</sup>/<sub>2</sub> teaspoon dried thyme  
freshly ground black pepper

For an easy family meal serve this all-time favourite with steamed vegetables or a tossed green salad and crusty bread or rolls.

1 To make sauce, heat oil in a frying pan over a medium heat. Add garlic and onion and cook, stirring, for 3 minutes or until onion is soft.

2 Add beef and cook, stirring, for 5 minutes or until meat is well browned. Stir in tomato purée (passata), wine or water, oregano and thyme. Bring to simmering and simmer, stirring occasionally, for 15 minutes or until sauce reduces and thickens. Season to taste with black pepper.

3 Cook pasta in boiling water in a large saucepan following packet directions. Drain well. To serve, spoon sauce over hot pasta and top with Parmesan cheese, if using.

*Serves 4*



# GNOCCHI WITH GORGONZOLA SAUCE

500 g/1 lb potato gnocchi

## GORGONZOLA SAUCE

200 g/6<sup>1</sup>/<sub>2</sub> oz Gorgonzola or blue cheese,  
crumbled  
<sup>3</sup>/<sub>4</sub> cup/185 mL/6 fl oz milk  
60 g/2 oz butter  
60 g/2 oz walnuts, toasted and chopped  
200 mL /6<sup>1</sup>/<sub>2</sub> fl oz cream (double)  
freshly ground black pepper

Potato gnocchi is available from speciality pasta shops. This sauce is also great with shell pasta, penne, macaroni, tortellini or farfalle.

1 Cook gnocchi in boiling water in a large saucepan following packet directions. Drain, set aside and keep warm.

2 To make sauce, place Gorgonzola or blue cheese, milk and butter in a saucepan and cook over a low heat, stirring, for 4-5 minutes or until cheese melts. Stir in walnuts, cream and black pepper to taste, bring to simmering and simmer for 5 minutes or until sauce reduces and thickens. Spoon sauce over hot gnocchi and toss to combine.

*Serves 6*

*Gnocchi with Gorgonzola Sauce,  
Spaghetti Bolognese*







## SPAGHETTI MARINARA

500 g/1 lb spaghetti  
2 teaspoons vegetable oil  
2 teaspoons butter  
2 onions, chopped  
2 x 440 g/14 oz canned tomatoes,  
undrained and mashed  
2 tablespoons chopped fresh basil or  
1 teaspoon dried basil  
<sup>1</sup>/<sub>4</sub> cup/60 mL/2 fl oz dry white wine  
12 mussels, scrubbed and beards  
removed  
12 scallops  
12 uncooked prawns, shelled and  
deveined  
125 g/4 oz calamari (squid) rings

1 Cook pasta in boiling water in a large  
saucepan following packet directions.  
Drain, set aside and keep warm.

2 Heat oil and butter in a frying pan  
over a medium heat. Add onions and  
cook, stirring, for 4 minutes or until  
onions are golden.

3 Stir in tomatoes, basil and wine, bring  
to simmering and simmer for 8 minutes.  
Add mussels, scallops and prawns and  
cook for 2 minutes longer.

4 Add calamari (squid) and cook for 1  
minute or until shellfish is cooked. Spoon  
shellfish mixture over hot pasta and serve  
immediately.

*Serves 4*

Another traditional favourite  
that can be made using  
whatever seafood is  
available. The tomato base  
for the sauce can be made  
in advance and frozen if you  
wish. While the pasta is  
cooking, reheat the sauce  
and add the seafood as  
directed in the recipe.

## TORTELLINI BOSCAIOLA

750 g/1<sup>1</sup>/<sub>2</sub> lb tortellini  
grated Parmesan cheese (optional)  
CREAMY MUSHROOM SAUCE  
15 g/<sup>1</sup>/<sub>2</sub> oz butter  
4 spring onions, chopped  
250 g/8 oz ham, thinly sliced  
250 g/8 oz mushrooms, sliced  
1 cup/250 mL/8 fl oz chicken stock  
2 cups/500 mL/16 fl oz cream (double)  
freshly ground black pepper

1 Cook pasta in boiling water in a large  
saucepan following packet directions.  
Drain, set aside and keep warm.

2 To make sauce, melt butter in a frying  
pan over a medium heat. Add spring  
onions, ham and mushrooms and cook,  
stirring, for 4 minutes or until mushrooms  
are soft.

3 Stir in stock, cream and black pepper  
to taste, bring to simmering and simmer  
for 6-8 minutes or until sauce reduces and  
thickens slightly.

4 To serve, spoon sauce over hot pasta,  
toss to combine and top with Parmesan  
cheese, if using.

*Serves 6*

If the word *boscaiola*  
appears in the name of an  
Italian dish it indicates that it  
contains mushrooms in some  
form or other. You might like  
to try this creamy mushroom  
sauce with other pastas such  
as tagliatelle, fettuccine or  
penne.





## FETTUCCINE ALFREDO

*Fettuccine Alfredo, Spaghetti  
Marinara, Tortellini Boscaiola*

500 g/1 lb fettuccine  
155 g/5 oz butter, softened and chopped  
125 g/4 oz grated fresh Parmesan cheese  
freshly ground black pepper

1 Cook pasta in boiling water in a large  
saucepan following packet directions.  
Drain well and place in a large serving  
bowl.

2 Scatter butter and Parmesan cheese  
over hot pasta, season to taste with black  
pepper, toss and serve immediately.

**Serves 4**

---

So simple, yet so delicious.  
For a complete meal, serve  
with a tossed green salad  
and crusty bread and finish  
with a selection of fresh  
seasonal fruit.

---



# TRADITIONAL LASAGNE

Oven temperature  
180°C, 350°F, Gas 4

24 sheets instant (no precooking required) lasagne  
60 g/2 oz mozzarella cheese, grated

## CHEESE SAUCE

75 g/2½ oz butter  
⅓ cup/45 g/1½ oz flour  
2 cups/500 mL/16 fl oz milk  
90 g/3 oz tasty cheese (mature Cheddar), grated  
freshly ground black pepper

## MEAT SAUCE

2 teaspoons vegetable oil  
2 onions, chopped  
2 cloves garlic, crushed  
1.25 kg/2½ lb beef mince  
2 x 440 g/14 oz canned tomatoes, undrained and mashed  
¾ cup/185 mL/6 fl oz red wine  
2 tablespoons chopped mixed herbs

Lasagne is delicious served with a salad of lightly cooked mixed vegetables tossed with an Italian dressing.

1 To make Cheese Sauce, melt butter in a saucepan over a medium heat. Stir in flour and cook, stirring, for 1 minute. Remove pan from heat and whisk in milk. Return pan to heat and cook, stirring, for 4-5 minutes or until sauce boils and thickens. Stir in cheese and black pepper to taste and set aside.

2 To make Meat Sauce, heat oil in a frying pan over a medium heat. Add onions and garlic and cook, stirring, for 3 minutes or until onions are soft. Add beef and cook, stirring, for 5 minutes or until beef is brown. Stir in tomatoes, wine and herbs, bring to simmering and simmer, stirring occasionally, for 15 minutes or until sauce reduces and thickens. Season to taste with black pepper.

3 Line the base of a large greased baking dish with 6 lasagne sheets. Top with one-quarter of the Meat Sauce and one-quarter of the Cheese Sauce. Repeat layers to use all ingredients, ending with a layer of Cheese Sauce.

4 Sprinkle top of lasagne with mozzarella cheese and bake for 30-40 minutes or until hot and bubbling and top is golden.

Serves 6



Left: Traditional Lasagne  
Right: Macaroni Cheese





## MACARONI CHEESE

315 g/10 oz macaroni  
125 g/4 oz tasty cheese (mature Cheddar), grated

### CHEESE SAUCE

75 g/2½ oz butter  
⅓ cup/45 g/1½ oz flour  
1 teaspoon dry mustard  
2½ cups/600 mL/1 pt milk  
90 g/3 oz tasty cheese (mature Cheddar), grated  
freshly black ground pepper

1 Cook pasta in boiling water in a large saucepan following packet directions. Drain well and turn into a greased large ovenproof dish.

2 To make sauce, melt butter in a saucepan over a medium heat. Stir in flour and mustard and cook, stirring, for 1 minute. Remove pan from heat and whisk in milk. Return pan to heat and cook, stirring, for 5-6 minutes or until sauce boils and thickens. Stir in cheese and black pepper to taste.

3 Pour sauce over pasta, sprinkle with cheese and bake for 20-25 minutes or until hot and bubbling and top is golden.

---

Oven temperature  
180°C, 350°F, Gas 4

---



---

You can vary this popular family favourite by adding chopped ham, chopped red or green peppers, finely chopped onion or chopped fresh parsley to the sauce.

---

**Serves 6**



# JUST VEGETABLES

*Top a pizza with an interesting combination of vegetables or toss pasta with lightly cooked vegetables and you have a wonderful dish that requires little else to make a complete meal. Vegetarians will love the recipes in this chapter, while others will be inspired to serve a meatless meal every once in a while.*



## BAKED VEGETABLE PAPPARDELLE

Oven temperature  
220°C, 425°F, Gas 7

3 large eggplant (aubergines),  
thinly sliced  
salt

3 tablespoons olive oil  
1 onion, chopped  
2 cloves garlic, crushed  
2 x 440 g/14 oz canned tomatoes,  
undrained and mashed  
 $\frac{1}{2}$  teaspoon sugar  
freshly ground black pepper  
375 g/12 oz pappardelle  
300 g/9 $\frac{1}{2}$  oz mascarpone or  
ricotta cheese  
200 g/6 $\frac{1}{2}$  oz grated mozzarella cheese

1 Sprinkle eggplant (aubergine) slices with salt, place in a colander and drain for 10 minutes. Rinse under cold running water and pat dry.

2 Place all but 2 teaspoons of oil in a frying pan and heat over a medium heat. Cook eggplant (aubergine) slices a few at a time for 3-4 minutes each side or until golden. Drain on absorbent kitchen paper.

3 Heat remaining oil in frying pan, add onion and garlic and cook, stirring, for 3 minutes or until onion is soft. Stir in tomatoes, sugar and black pepper to taste, bring to simmering and simmer, stirring occasionally, for 15 minutes or until mixture reduces and thickens.

4 Cook pasta in boiling water in a large saucepan for 10 minutes or until almost cooked. Drain well. Add tomato mixture to pasta and toss to combine.

5 Spread half the pasta mixture over the base of a lightly greased 2 litre/3 $\frac{1}{2}$  pt capacity ovenproof dish. Top with half the eggplant (aubergine) slices, half the mascarpone or ricotta cheese and half the mozzarella cheese. Repeat layers finishing with a layer of mozzarella cheese and bake for 20 minutes or until hot and bubbling.

**Serves 6**

Pappardelle is a very wide ribbon pasta that was traditionally served with a sauce made of hare, herbs and wine, but today it is teamed with any rich sauce. If it is unavailable fettuccine can be used instead.

*Baked Vegetable Pappardelle,  
Farfalle with Spring Vegetables (page 36)*







## FARFALLE WITH SPRING VEGETABLES

500 g/1 lb farfalle  
15 g/1/2 oz butter  
2 spring onions, finely chopped  
1 teaspoon finely grated orange rind  
1 1/2 cups/375 mL/12 fl oz cream  
(double)  
1 cup/250 mL/8 fl oz vegetable stock  
250 g/8 oz broccoli, cut into florets  
250 g/8 oz asparagus spears, cut into  
4 cm/1 1/2 in lengths  
125 g/4 oz snow peas (mangetout)  
1 tablespoon finely chopped fresh mint  
30 g/1 oz pine nuts, toasted

1 Cook pasta in boiling water in a large saucepan following packet directions. Drain, set aside and keep warm.

2 Melt butter in a frying pan over a medium heat. Add spring onions and cook, stirring, for 2 minutes. Stir in orange rind, cream and stock, bring to simmering and simmer for 10 minutes.

3 Add broccoli, asparagus, snow peas (mangetout) and mint to cream mixture and cook, stirring occasionally, for 5 minutes or until vegetables are tender. To serve, spoon vegetable mixture over hot pasta, toss to combine and sprinkle with pine nuts.

*Serves 4*

---

Farfalle means butterflies and this is what this pretty bow-shaped pasta looks like.

---



## PASTA WITH SIX HERB SAUCE

500 g/1 lb pasta shapes of your choice

### SIX HERB SAUCE

30 g/1 oz butter  
2 tablespoons chopped fresh rosemary  
12 small fresh sage leaves  
12 small fresh basil leaves  
2 tablespoons fresh marjoram leaves  
2 tablespoons fresh oregano leaves  
2 tablespoons chopped fresh parsley  
2 cloves garlic, chopped  
1/4 cup/60 mL/2 fl oz white wine  
1/4 cup/60 mL/2 fl oz vegetable stock

1 Cook pasta in boiling water in a large saucepan following packet directions. Drain, set aside and keep warm.

2 To make sauce, melt butter in a saucepan over a medium heat. Add rosemary, sage, basil, marjoram, oregano, parsley and garlic and cook, stirring, for 1 minute.

3 Stir in wine and stock, bring to simmering and simmer for 4 minutes. To serve, spoon sauce over hot pasta and toss to combine.

*Serves 4*

---

Equally delicious as a light meal or the first course of a dinner party this dish must be made using fresh not dried herbs. However the herbs can be changed according to what is available. If you can only get four of the herbs then just use those.

---







# EASY CHILLI BEAN PIZZA

Oven temperature  
220°C, 425°F, Gas 7

For those who are not fond of chilli ordinary baked beans can be used for this pizza instead. If you wish to make your own pizza base see the recipe for Basic Pizza Dough on page 74.

1 x 25 cm/10 in pizza base, homemade  
or purchased  
440 g/14 oz canned Mexican chilli beans  
2 jalapeño chillies, seeded and sliced  
250 g/8 oz grated mozzarella cheese  
freshly ground black pepper  
30 g/1 oz packet corn chips  
3 tablespoons sour cream

1 Place pizza base on a lightly greased baking tray and top with beans. Sprinkle with chillies, mozzarella cheese and black pepper to taste.

2 Bake for 15-20 minutes or until base is crisp and golden. To serve, top pizza with corn chips and sour cream.

*Serves 4*







## GARDEN PIZZA

Left: Easy Chilli Bean Pizza  
Above: Garden Pizza

1 quantity Basic Pizza Dough (page 74)

### GARDEN TOPPING

250 g/8 oz asparagus spears, cut into  
4 cm/1½ in pieces

125 g/4 oz baby yellow squash or  
zucchini (courgettes), sliced

3 spring onions, chopped

155 g/5 oz broccoli, cut into florets

125 g/4 oz small peas

2 tablespoons chopped fresh basil or  
1 teaspoon dried basil

60 g/2 oz grated mozzarella cheese

60 g/2 oz grated Parmesan cheese  
freshly ground black pepper

1 Prepare pizza dough as described in  
recipe, then shape into a 30 cm/12 in  
round and place on a lightly greased  
baking tray.

2 Arrange asparagus, squash or zucchini  
(courgettes), spring onions, broccoli, peas  
and basil over dough. Sprinkle with  
mozzarella cheese, Parmesan cheese and  
black pepper to taste and bake for 20-25  
minutes or until cheese is golden and base  
is crisp.

*Serves 4*

---

Oven temperature  
200°C, 400°F, Gas 6

---



---

Remember that pizzas do not  
have to be large and round.  
Some are rectangles, some  
oval, some small individual  
circles and some have a  
deep crust and sides more  
resembling a pie (which after  
all, is what pizza means in  
Italian). So make your pizzas  
whatever shape you like.

---



## PESTO PIZZETTE

Oven temperature  
180°C, 350°F, Gas 4

- 1 quantity Basic Pizza Dough (page 74)
- 200 g/6½ oz ricotta cheese
- ½ cup/125 g/4 oz ready-made pesto
- 2 teaspoons olive oil
- 2 leeks, sliced
- 125 g/4 oz button mushrooms, sliced
- 1 tablespoon brown sugar
- 100 g/3½ oz sun-dried peppers, chopped
- 250 g/8 oz yellow teardrop or cherry tomatoes, halved
- 1 tablespoon chopped fresh basil or 1 teaspoon dried basil
- 125 g/4 oz mozzarella cheese, grated

1 Prepare pizza dough as described in recipe. Divide dough into four portions and shape each to form a 15 cm/6 in round. Place rounds on lightly greased baking trays and set aside.

2 Place ricotta cheese and pesto in a bowl and mix to combine. Spread pesto mixture over dough and bake for 10 minutes.

3 Heat oil in a frying pan over a medium heat. Add leeks, mushrooms and sugar and cook, stirring, for 4 minutes or until vegetables are soft. Spread leek mixture over pesto mixture and top with sun-dried peppers, tomatoes and basil, sprinkle with cheese and bake for 20-25 minutes or until bases are crisp.

*Makes 4*

These individual pizzas are a hit as finger food with young and old alike. Just as delicious cold, as they are hot, any leftovers will be a welcome addition to a packed lunch. Roasted red peppers, chopped can be used in place of sun-dried peppers if you wish.



## HERBED RICOTTA PIZZA

Oven temperature  
220°C, 425°F, Gas 7

- 1 quantity Basic Pizza Dough (page 74)
- 200 g/6½ oz ricotta cheese
- 2 tablespoons chopped fresh basil
- 2 tablespoons chopped fresh thyme
- 2 tablespoons chopped fresh oregano
- 2 green zucchini (courgettes), sliced
- 2 yellow zucchini (courgettes), sliced
- freshly ground black pepper
- 60 g/2 oz grated Parmesan cheese

1 Prepare pizza dough as described in recipe then shape into a 30 cm/12 in round and place on a lightly greased baking tray.

2 Place ricotta cheese, basil, thyme and oregano in a food processor and process until smooth, then spread over dough. Starting in the centre of the pizza, arrange alternate coloured zucchini (courgette) slices in a spiral pattern on top of ricotta mixture. Season to taste with black pepper, sprinkle with Parmesan cheese and bake for 20 minutes or until base is crisp and golden.

*Serves 4*

If different coloured zucchini (courgettes) are unavailable just use one colour – the pizza will still look impressive and tastes just the same.

*Herbed Ricotta Pizza, Pesto Pizzette*









Above: Hearty Macaroni Soup  
Right: Spiral Pasta Salad

## HEARTY MACARONI SOUP

This hearty pasta and vegetable soup makes a substantial one-dish meal. While the recipe uses macaroni you can in fact use any pasta you wish. Soups are a great way of using up any odds and ends of pasta you may have in the cupboard.

- 2 teaspoons vegetable oil
- 1 red onion, chopped
- 2 fresh red chillies, seeded and finely chopped
- 1 red pepper, chopped
- 2 carrots, chopped
- 2 zucchini (courgettes), sliced
- 4 cups/1 litre/1<sup>3</sup>/<sub>4</sub> pts vegetable stock
- 440 g/14 oz canned tomatoes, undrained and mashed
- 250 g/8 oz elbow macaroni
- 440 g/14 oz canned red kidney beans, rinsed
- 1 tablespoon finely chopped fresh thyme or ½ teaspoon dried thyme
- 200 g/6½ oz firm tofu, chopped
- freshly ground black pepper

1 Heat oil in a large saucepan over a medium heat. Add onion and chillies and cook, stirring, for 3 minutes or until onion is soft.

2 Add red pepper, carrots, zucchini (courgettes), stock, tomatoes and macaroni, bring to simmering and simmer for 10 minutes or until macaroni is cooked.

3 Stir in beans, thyme and tofu, bring to simmering and simmer for 2 minutes or until heated through. Season to taste with black pepper.

*Serves 4*



# SPIRAL PASTA SALAD

VEGETABLES

500 g/1 lb spiral pasta  
100 g/3½ oz sun-dried tomatoes, thinly sliced  
100 g/3½ oz marinated artichoke hearts, chopped  
75 g/2½ oz sun-dried or roasted peppers, chopped  
125 g/4 oz marinated black olives  
12 small fresh basil leaves  
60 g/2 oz Parmesan cheese shavings  
1 tablespoon olive oil  
3 tablespoons balsamic or red wine vinegar

1 Cook pasta in boiling water in a large saucepan following packet directions. Drain, rinse under cold running water and set aside to cool completely.

2 Place pasta, sun-dried tomatoes, artichokes, sun-dried or roasted peppers, olives, basil, Parmesan cheese, oil and vinegar in a bowl and toss to combine. Cover and refrigerate for 2 hours or until ready to serve.

Serves 4

A wonderful salad that combines all the best flavours of Italy. It is delicious served with crusty bread and baked ricotta cheese. If you can, make it a day in advance so that the flavours have time to develop. To make shavings of Parmesan cheese see hint on page 6.



Tile and plate Lakeman Oldroyd



# FOREST MUSHROOM PASTA

375 g/12 oz pasta of your choice  
2 teaspoons vegetable oil  
1 clove garlic, crushed  
750 g/1½ lb mixed mushrooms

## WHITE SAUCE

30 g/1 oz butter  
2 tablespoons flour  
2 cups/500 mL/16 fl oz milk  
½ teaspoon ground nutmeg  
freshly ground black pepper

If you can only get ordinary mushrooms add a few dried mushrooms for extra flavour. You will need to soak the dried mushrooms in boiling water for 20 minutes or until they are soft. Drain well, then slice or chop and add to the fresh mushrooms when cooking. Dried mushrooms have a strong flavour and you only need a few to add flavour.

1 Cook pasta in boiling water in a large saucepan following packet directions. Drain, set aside and keep warm.

2 To make sauce, melt butter in a saucepan over a medium heat. Stir in flour and cook, stirring, for 1 minute. Remove pan from heat and whisk in milk. Return pan to heat and cook, stirring, until sauce boils and thickens. Stir in nutmeg and season to taste with black pepper. Add sauce to pasta and mix to combine. Set aside and keep warm.

3 Heat oil in a frying pan over a medium heat. Add garlic and mushrooms and cook, stirring, for 4 minutes or until mushrooms are soft. To serve, top pasta with mushroom mixture.

*Serves 4*



# RAVIOLI WITH WALNUT SAUCE

750 g/1½ lb cheese and spinach ravioli

## WALNUT SAUCE

200 g/6½ oz walnuts  
½ bunch fresh basil, leaves removed  
and stems discarded  
45 g/1½ oz butter, softened  
45 g/1½ oz grated Parmesan cheese  
freshly ground black pepper  
100 mL/3½ fl oz olive oil  
155 mL/5 fl oz cream (double)

Take care when making the sauce only process it briefly or until the ingredients are just combined once the cream is added. If you overprocess the cream may separate and cause the sauce to curdle.

1 Cook ravioli in boiling water in a large saucepan following packet directions. Drain, set aside and keep warm.

2 To make sauce, place walnuts and basil in a food processor or blender and process until finely chopped. Add butter, Parmesan cheese and black pepper to taste. With machine running, slowly add oil and cream and process until it is just combined. To serve, spoon sauce over pasta and toss.

*Serves 4*

*Ravioli with Walnut Sauce,  
Forest Mushroom Pasta*







# VEGETABLE CANNELLONI

Oven temperature  
180°C, 350°F, Gas 4

12 instant (no precooking required)  
cannelloni tubes

250 g/8 oz mozzarella cheese, grated

## LEEK AND SPINACH FILLING

2 teaspoons olive oil

1 clove garlic, crushed

2 spring onions, finely chopped

2 leeks, thinly sliced

1 red pepper, sliced

1 bunch/500 g/1 lb English spinach,  
chopped

200 g/6½ oz ricotta cheese, drained

315 g/10 oz canned creamed  
sweet corn

2 teaspoons ground paprika

## TOMATO SAUCE

1 teaspoon olive oil

1 onion, chopped

440 g/14 oz canned tomato purée

2 tablespoons dry white wine

1 To make filling, heat oil in a frying pan over a medium heat. Add garlic, spring onions and leeks and cook, stirring, for 4 minutes or until leeks are soft.

2 Add red pepper and spinach and cook, stirring, for 3 minutes or until spinach wilts. Drain off liquid.

3 Transfer vegetable mixture to a large bowl, add ricotta cheese, sweet corn and paprika and mix well to combine.

4 Spoon filling into cannelloni tubes and place tubes side-by-side in a greased large ovenproof dish. Set aside.

5 To make sauce, heat oil in a saucepan over a medium heat. Add onion and cook, stirring, for 3 minutes or until onion is soft. Stir in tomato purée and wine, bring to simmering and simmer for 4 minutes. Pour sauce over cannelloni tubes, sprinkle with mozzarella cheese and bake for 40 minutes or until pasta is tender and cheese is golden.

*Serves 4*

Fresh or packaged dried pasta? Which is the best? Neither is superior – they are just different. Fresh pasta is more delicate and keeps for only a few days, while dried pasta is more robust and ideal for serving with heartier sauces.



*Vegetable Cannelloni*





## VEGETABLE AND CHILLI PASTA

*Vegetable and Chilli Pasta*

2 eggplant (aubergines)  
salt  
500 g/1 lb pasta shells  
 $\frac{1}{4}$  cup/60 mL/2 fl oz olive oil  
2 onions, chopped  
2 fresh red chillies, seeded and chopped  
2 cloves garlic, crushed  
2 x 440 g/14 oz canned tomatoes,  
undrained and mashed  
 $\frac{1}{2}$  cup/125 mL/4 fl oz dry white wine  
2 tablespoons chopped fresh basil or  
1 teaspoon dried basil

1 Cut eggplant (aubergines) into 2 cm/ $\frac{3}{4}$  in cubes. Place in a colander, sprinkle with salt and set aside to drain for 10 minutes. Rinse eggplant (aubergines) under cold running water and pat dry.

2 Cook pasta in boiling water in a large saucepan following packet directions. Drain, set aside and keep warm.

3 Heat oil in a large frying pan over a medium heat and cook eggplant (aubergines) in batches, for 5 minutes or until golden. Remove eggplant (aubergines) from pan, drain on absorbent kitchen paper and set aside.

4 Add onions, chillies and garlic to pan and cook, stirring, for 3 minutes or until onions are golden. Stir in tomatoes, wine and basil, bring to simmering and simmer for 5 minutes. To serve, spoon sauce over hot pasta.

*Serves 4*

---

The microwave oven has made reheating pasta not only easy but successful in a way that it never was before. To reheat pasta in the microwave, place cooked pasta, with or without sauce in a covered, microwave-safe dish and reheat on HIGH (100%), stirring once or twice for 2-3 minutes, or until pasta is hot. The exact length of time will of course depend on how much pasta you are reheating.

---





## PENNE WITH GORGONZOLA SAUCE

500 g/1 lb penne

### GORGONZOLA SAUCE

1 cup/250 mL/8 fl oz cream (double)

$\frac{1}{2}$  cup/125 mL/4 fl oz vegetable stock

$\frac{1}{2}$  cup/125 mL/4 fl oz white wine

125 g/4 oz Gorgonzola or blue cheese,  
crumbled

2 tablespoons chopped flat-leaf  
parsley

$\frac{1}{2}$  teaspoon ground nutmeg

freshly ground black pepper

---

Reheating pasta can be done successfully, if it is already combined with a sauce. To reheat, place in a greased ovenproof dish, cover with foil, and reheat in a moderate oven.

---

1 Cook pasta in boiling water in a large saucepan following packet directions. Drain, set aside and keep warm.

2 To make sauce, place cream, stock, wine and Gorgonzola or blue cheese in a saucepan and cook, over a medium heat, stirring constantly, until smooth. Bring to simmering and simmer for 8 minutes or until sauce thickens.

3 Add parsley, nutmeg and black pepper to taste to sauce, bring to simmering and simmer for 2 minutes. Spoon sauce over hot pasta.

**Serves 4**



# DEEP-DISH VEGETARIAN PIZZA

VEGETABLES

1 quantity Basic Pizza Dough (page 74)  
4 tablespoons tomato paste (purée)  
2 teaspoons olive oil  
2 cloves garlic, crushed  
8 leaves spinach, shredded  
125 g/4 oz mixed mushrooms  
1 red pepper, chopped  
2 tablespoons chopped fresh oregano or  
1 teaspoon dried oregano  
60 g/2 oz grated Parmesan cheese  
freshly ground black pepper

1 Prepare pizza dough as described in recipe, then press into the base and up the sides of a lightly greased 23 cm/9 in springform or sandwich tin to form a 4 cm/1½ in rim. Spread dough with tomato paste (purée) and set aside.

2 Heat oil in a frying pan over a medium heat. Add garlic and spinach and cook, stirring, for 3 minutes or until spinach wilts. Drain spinach mixture well and spread over dough. Top spinach with mushrooms, red pepper and oregano, then sprinkle with Parmesan cheese and season to taste with black pepper. Bake for 25 minutes or until cheese is golden and base is crisp.

Oven temperature  
200°C, 400°F, Gas 6

Fresh Parmesan cheese is available from continental delicatessens and some supermarkets. It is best purchased in a piece then grated as required. Once you have tried fresh Parmesan you will realise that it has a much milder and better flavour than the grated powder that comes in packets.

Left: Penne with Gorgonzola Sauce  
Below: Deep-dish Vegetarian Pizza

Serves 4



Flour shaker, sieve and board Appleby Hoare



# SOMETHING SPECIAL

*Pasta is perfect for impromptu entertaining, while pizzas are great for feeding a crowd. This collection of recipes using more exotic ingredients shows just how good these foods are for entertaining. All that is needed to complete your meal is a tossed salad of mixed lettuces or for a larger gathering a selection of salads and some crusty bread or rolls.*



## SMOKED SALMON PIZZAS

---

Oven temperature  
200°C, 400°F, Gas 6

---

---

If lemon thyme is unavailable you can use  $\frac{1}{2}$  teaspoon dried thyme and  $\frac{1}{2}$  teaspoon finely grated lemon rind. Sprinkle the thyme over the pizza bases at the beginning of cooking and sprinkle the lemon rind over the pizzas just prior to serving.

---

- 1 quantity Basic Pizza Dough (page 74)
- 1 tablespoon olive oil
- 200 g/6 $\frac{1}{2}$  oz smoked salmon slices
- freshly ground black pepper
- 4 tablespoons crème fraîche or sour cream
- 4 teaspoons salmon caviar (optional)
- 2 tablespoons chopped fresh lemon thyme

1 Prepare pizza dough as described in recipe. Divide into four portions and shape each to form a 15 cm/6 in round. Place rounds on lightly greased baking trays, brush with oil and bake for 15 minutes or until crisp and golden.

2 Reduce oven temperature to 180°C/350°F/Gas 4. Top pizzas with smoked salmon and black pepper to taste and bake for 8 minutes or until salmon is hot.

3 Just prior to serving, top pizzas with crème fraîche or sour cream and caviar (if using) and sprinkle with thyme.

*Serves 4*

*Pancetta and Pear Pizzas (page 52),  
Smoked Salmon Pizzas*







Oven temperature  
200°C, 400°F, Gas 6

A pizza dough made with olive oil has a crisp exterior and a tender centre. Many professional pizza-makers will also brush the dough with olive oil before topping – this prevents it from drying out and helps ensure a golden colour.

## PANCETTA AND PEAR PIZZAS

1 quantity Basic Pizza Dough (page 74)  
155 g/5 oz pancetta or bacon,  
thinly sliced

2 firm pears, cored, peeled and sliced  
100 g/3½ oz creamy blue cheese, such  
as Gorgonzola, crumbled

60 g/2 oz walnuts, chopped  
125 g/4 oz rocket, roughly chopped

2 tablespoons balsamic or  
red wine vinegar  
freshly ground black pepper

1 Prepare pizza dough as described in recipe. Divide into four portions and shape each to form a 15 cm/6 round. Place rounds on lightly greased baking trays and cover with pancetta or bacon.

2 Arrange pear slices attractively on top of pancetta or bacon, then sprinkle with cheese and walnuts. Bake for 15-20 minutes or until base is crisp and golden.

3 Just prior to serving, toss rocket with vinegar and pile on top of pizzas. Season to taste with black pepper and serve immediately.

Serves 4



## SCALLOP AND RED PEPPER PASTA

500 g/1 lb tagliarini

1 tablespoon olive oil

500 g/1 lb scallops

100 g/3½ oz prosciutto or lean ham, cut  
into thin strips

2 tablespoons lemon juice

2 tablespoons chopped fresh basil or

1 teaspoon dried basil

freshly ground black pepper

1 cup/250 mL/8 fl oz chicken stock

1 red pepper, cut into strips

2 leeks, cut into strips

### GREMOLATA

3 cloves garlic, crushed

½ bunch flat-leaf parsley, leaves  
finely chopped

1 tablespoon finely grated lemon rind

1 To make Gremolata, place garlic, parsley and lemon rind in a bowl and mix well to combine.

2 Cook pasta in boiling water in a large saucepan following packet directions. Drain, set aside and keep warm.

3 Heat oil in a frying pan over a medium heat. Add scallops and prosciutto or ham and cook, stirring, for 3 minutes or until scallops just turn opaque and prosciutto or ham is crisp. Remove pan from heat, stir in lemon juice, basil and black pepper to taste and set aside.

4 Place stock in a saucepan, bring to simmering and simmer until reduced by half. Add red pepper and leeks and simmer for 3 minutes. Add pasta and scallop mixture to stock mixture. Toss to combine and top with Gremolata.

Serves 4

What's the easiest way to eat ribbon pasta? Firstly, serve it in a shallow bowl or on a plate with a slight rim. To eat the pasta, slip a few strands on to your fork, then twirl them against the plate, or a spoon, into a ball – the trick is to take only small forkfuls and to wind the pasta tightly so that there are no dangling strands.





## SPAGHETTI WITH TUNA AND CRESS

*Scallop and Red Pepper Pasta,  
Spaghetti with Tuna and Cress*

500 g/1 lb spaghetti  
500 g/1 lb tuna steaks, thinly sliced  
1 bunch/250 g/8 oz watercress, leaves  
removed and stems discarded  
125 g/4 oz black olives  
1 tablespoon finely grated lime rind  
2 teaspoons finely grated fresh ginger  
 $\frac{1}{4}$  cup/60 mL/2 fl oz balsamic or red  
wine vinegar  
1 tablespoon olive oil  
2 tablespoons lime juice

1 Cook pasta in boiling water in a large  
saucepan of boiling water following  
packet directions. Drain well and place  
in a large serving bowl.

2 Add tuna, watercress, olives, lime rind,  
ginger, vinegar, oil and lime juice to hot  
pasta and toss to combine. Serve  
immediately.

**Serves 4**

The tuna in this dish is not  
cooked before adding to  
the pasta, however you will  
find because it is thinly sliced  
the heat of the pasta will  
cook it. Drained canned  
tuna can be used if you wish.



# LOBSTER IN PASTA NETS

375 g/12 oz angel's hair pasta  
3 uncooked lobster tails, shelled and  
flesh cut into 4 cm/1½ in pieces  
flour  
vegetable oil for deep frying

## LIME CREAM

½ cup/125 g/4 oz mayonnaise  
¼ cup/60 g/2 oz sour cream  
1 tablespoon finely grated lime rind  
1 tablespoon lime juice  
1 tablespoon wholegrain mustard  
2 tablespoons chopped fresh tarragon or  
1 teaspoon dried tarragon

1 Cook pasta in boiling water in a large  
saucepan until almost cooked. Drain,  
rinse under cold running water, drain  
again and pat dry on absorbent kitchen  
paper. Set aside.



2 To make Lime Cream, place  
mayonnaise, sour cream, lime rind, lime  
juice, mustard and tarragon in a bowl and  
mix to combine. Set aside.

---

This dish is also delicious  
made with large uncooked  
prawns.

---

3 Dust lobster pieces with flour. Wrap a  
few stands of pasta around each lobster  
piece. Continue wrapping with pasta to  
form a net effect around lobster.



4 Heat oil in a large saucepan until a  
cube of bread dropped in browns in 50  
seconds. Cook pasta wrapped lobster in  
batches for 2-3 minutes or until golden.  
Drain on absorbent kitchen paper and  
serve immediately with Lime Cream.



*Serves 4*







# TORTELLINI WITH ONION CONFIT

- 1½ cups/375 mL/12 fl oz beef stock
- 750 g/1½ lb beef or veal tortellini
- 250 g/8 oz small peas
- 2 tablespoons chopped fresh tarragon or  
1 teaspoon dried tarragon

## ONION CONFIT

- 30 g/1 oz butter
- 2 onions, thinly sliced
- 2 teaspoons sugar
- 1 tablespoon chopped fresh thyme or  
½ teaspoon dried thyme
- 1 cup/250 mL/8 fl oz red wine
- 2 tablespoons red wine vinegar

1 To make confit, melt butter in a saucepan over a medium heat, add onions and cook, stirring, for 3 minutes or until onions are soft. Stir in sugar and cook for 2 minutes longer. Add thyme, wine and vinegar, bring to simmering and simmer, stirring frequently, for 40 minutes or until mixture reduces and thickens.

2 Place stock in a saucepan, bring to the boil and boil until reduced by half. Keep warm.

3 Cook pasta in boiling water in a large saucepan following packet directions. Drain well. Add pasta, confit, peas and tarragon to stock, bring to simmering and simmer for 2-3 minutes or until peas are just cooked.

*Serves 4*

---

Serve this unusual pasta dish with a sauté of mixed green vegetables and crusty bread or rolls.

---







## TAGLIATELLE SOUFFLÉ

*Left: Tortellini with Onion Confit  
Above: Tagliatelle Soufflé*

375 g/12 oz tagliatelle  
60 g/2 oz butter  
1/4 cup/30 g/1 oz flour  
1 1/2 cups/375 mL/12 fl oz milk  
75 g/2 1/2 oz Gruyère cheese, grated  
4 egg yolks, lightly beaten  
200 g/6 1/2 oz smoked ham, cut  
into strips  
freshly ground black pepper  
7 egg whites

1 Cook pasta in boiling water in a large saucepan following packet directions. Drain and set aside.

2 Melt butter in a saucepan over a medium heat, add flour and cook, stirring, for 1 minute. Remove pan from heat and whisk in milk. Return pan to heat and cook, stirring constantly, for 4-5 minutes or until sauce boils and thickens. Set aside to cool slightly.

3 Stir cheese, egg yolks, ham, black pepper to taste and pasta into sauce.

4 Place egg whites in a bowl and beat until stiff peaks form. Fold egg white mixture into pasta mixture and pour into a greased 1 litre/1 3/4 pt capacity soufflé dish and bake for 25-30 minutes or until soufflé is puffed and golden.

**Serves 4**

---

Oven temperature  
200°C, 400°F, Gas 6

---



---

This soufflé is an interesting and different dish to serve for a special brunch or breakfast.

---





## THAI BEEF PIZZAS

Oven temperature  
200°C, 400°F, Gas 6

500 g/1 lb rump steak, trimmed of all visible fat

2 quantities Basic Pizza Dough (page 74)

3 tablespoons tomato purée

2 tablespoons sweet chilli sauce

3 spring onions, chopped

1 carrot, cut into matchsticks

2 stalks celery, cut into matchsticks

### THAI MARINADE

1 clove garlic, crushed

3 tablespoons soy sauce

1 stalk fresh lemon grass, chopped or

1 teaspoon dried lemon grass or

1 teaspoon finely grated lemon rind

3 tablespoons chopped fresh coriander

2 Heat a nonstick frying pan over a high heat, add steak and cook for 1 minute each side. Remove steak from pan and slice thinly. Add steak to marinade, cover and set aside to marinate for 15 minutes.

3 Prepare pizza dough as described in recipe. Shape dough into two 30 cm/12 in rounds or two 15 x25 cm/6 x10 in rectangles and place on lightly greased baking trays.

4 Combine tomato purée and chilli sauce, spread over pizza bases and bake for 15 minutes.

5 Top pizza bases with spring onions, carrot and celery, then arrange beef slices attractively on top and bake for 10 minutes longer or until topping is heated through and base is crisp and golden.

1 To make marinade, place garlic, soy sauce, lemon grass and coriander in a large bowl and mix to combine. Set aside.

**Serves 8**

Combining two popular cuisines this pizza is ideal to serve when you can't decide whether to choose Oriental or Mediterranean.



# PROSCIUTTO AND FIG PIZZAS

SPECIAL

1 quantity Basic Pizza Dough (page 74)  
2 teaspoons olive oil  
125 g/4 oz prosciutto  
4 fresh or dried figs, sliced  
60 g/2 oz pine nuts  
1 tablespoon chopped fresh rosemary or  
 $\frac{1}{2}$  teaspoon dried rosemary  
freshly ground black pepper

1 Prepare pizza dough as described in recipe. Divide dough into four portions and shape each to form a 15 cm/6 in round. Place rounds on lightly greased baking trays.

2 Brush dough with oil and top with prosciutto and fig slices. Sprinkle with pine nuts, rosemary and black pepper to taste and bake for 15 minutes or until bases are crisp and golden.

---

Oven temperature  
190°C, 375°F, Gas 5

---

---

Perfect for an autumn luncheon when fresh figs are in season and at their best. For a complete meal accompany with garlic bread, a salad and a glass of dry white wine.

---

Left: Thai Beef Pizzas  
Below: Prosciutto and Fig Pizzas

Serves 4





# SMOKED CHICKEN PAPPARDELLE

750 g/1½ lb pappardelle  
1.5 kg/3 lb smoked chicken, skin  
removed and flesh sliced  
½ cup/125 mL/4 fl oz white wine  
1 cup/250 mL/8 fl oz cream  
2 tablespoons snipped fresh chives  
freshly ground black pepper

## NASTURTIIUM BUTTER

125 g/4 oz butter, softened  
1 clove garlic, crushed  
1 tablespoon lime juice  
6 nasturtium flowers, finely chopped

The perfect accompaniment to this dish is a salad of watercress or rocket tossed in balsamic vinegar and topped with shavings of Parmesan cheese.

The Nasturtium Butter is also delicious as a sandwich filling when teamed with watercress or rocket.

1 To make Nasturtium Butter, place butter, garlic, lime juice and flowers in a bowl, mix well to combine and set aside.

2 Cook pasta in boiling water in a large saucepan following packet directions. Drain, set aside and keep warm.

3 Heat a nonstick frying pan over a medium heat, add chicken and cook, stirring, for 1 minute. Add wine, cream, chives and black pepper to taste, bring to simmering and simmer for 2 minutes. To serve, top pasta with chicken mixture and Nasturtium Butter.

**Serves 6**







## RASPBERRY SALMON PASTA

*Left: Smoked Chicken Pappardelle  
Above: Raspberry Salmon Pasta*

500 g/1 lb pepper or plain fettuccine  
1 tablespoon vegetable oil  
500 g/1 lb salmon fillet, bones and skin removed  
2 tablespoons lemon juice  
2 tablespoons chopped fresh dill

### RASPBERRY MAYONNAISE

200 g/6½ oz raspberries  
1 cup/250 g/8 oz low-oil mayonnaise  
2 teaspoons wholegrain mustard  
1 tablespoon lemon juice

1 To make mayonnaise, place raspberries in a food processor or blender and process until smooth. Push purée through a fine sieve and discard seeds. Add mayonnaise, mustard and lemon juice to purée, mix to combine and set aside.

2 Cook pasta in boiling water in a large saucepan following packet directions. Drain, set aside and keep warm.

3 Heat oil in a frying or grill pan over a medium heat. Brush salmon with lemon juice and sprinkle with dill. Place salmon in pan and cook for 2-3 minutes each side or until flesh flakes when tested with a fork. Remove salmon from pan and cut into thick slices.

4 To serve, divide pasta between six serving plates. Top with salmon slices and drizzle with raspberry mayonnaise. Serve immediately.

**Serves 6**

---

This pretty dish looks great served with a salad of red and green lettuces.

---



MENU

Peperoni Pizzas

Satay Chicken Pizzas

Cheese Calzone

Green Salad with  
Creamy Dressing

Carrot and Sultana  
Salad

Choc-malt  
Thickshakes

# PIZZA PARTY

*Pizzas, salads and thickshakes – what better way to entertain a group of teenagers. This menu will satisfy ten hungry teenagers and includes a selection of pizzas, two salads and a thickshake to create a pizza party that your teenagers will ask you to repeat time and again.*



## PEPERONI PIZZAS

---

Oven temperature  
200°C, 400°F, Gas 6

---

---

A pizza party can be a great way to entertain a group of young people and to get them involved with cooking. As the dough needs some time to rise it is a good idea to prepare it in advance (or use purchased pizza bases). At the time of the party lay out the ingredients for topping the pizzas and allow the guests to shape and top their own pizzas – you may be surprised at some of the combinations.

---

2 quantities Basic Pizza  
Dough (page 74)  
 $\frac{3}{4}$  cup/185 mL/6 fl oz tomato paste  
(purée)  
20 slices peperoni  
20 slices cabanossi (kabanos)  
200 g/6½ oz button mushrooms, sliced  
1 green pepper, chopped  
250 g/8 oz mozzarella cheese, grated

1 Prepare pizza dough as described in recipe, then shape into two 30 cm/12 in rounds and place on lightly greased baking trays. Spread with tomato paste (purée), then top each base with half the peperoni and cabanossi (kabanos).

2 Arrange half the mushrooms and green pepper on each pizza and sprinkle each with half the mozzarella cheese. Bake for 25-30 minutes or until cheese is golden and base is crisp.

**Serves 10**

*Peperoni Pizza,  
Green Salad with Creamy Dressing (page 64),  
Choc-malt Thickshake (page 65)*







## GREEN SALAD WITH CREAMY DRESSING

6 rashers bacon, chopped  
2 lettuces of your choice, leaves  
separated and torn into pieces  
250 g/8 oz cherry tomatoes, halved  
2 carrots, cut into strips  
2 sticks celery, cut into strips  
125 g/4 oz snow peas (mangetout)

### CREAMY DRESSING

$\frac{1}{2}$  cup/125 g/4 oz mayonnaise  
 $\frac{1}{2}$  cup/125 g/4 oz sour cream  
1 tablespoon lemon juice  
freshly ground black pepper

1 Cook bacon in a frying pan over a medium heat for 4-5 minutes or until crisp. Remove bacon from pan and drain on absorbent kitchen paper until cool.

2 Arrange lettuces, tomatoes, carrots, celery, snow peas (mangetout) and bacon on a serving platter or in a large salad bowl.

3 To make dressing, place mayonnaise, sour cream, lemon juice and black pepper to taste in a bowl and mix to combine. Drizzle dressing over salad, cover and chill until required.

*Serves 10*

If you do not have time to make a yeast based dough for your pizza a scone dough is a good alternative. See page 72 for Scone Dough recipe.

## SATAY CHICKEN PIZZAS

Oven temperature  
200°C, 400°F, Gas 6

2 quantities Basic Pizza  
Dough (page 74)  
1 cup/250 mL/8 fl oz satay sauce  
1 red pepper, sliced  
1 green pepper, sliced  
1 carrot, cut into thin strips  
100 g/3 $\frac{1}{2}$  oz bean sprouts  
1 cooked chicken, flesh cut into  
small pieces  
185 g/6 oz tasty cheese (mature  
Cheddar), grated

1 Prepare pizza dough as described in recipe, then shape into two 30 cm/12 in rounds and place on lightly greased baking trays.

2 Spread dough with satay sauce. Arrange half the red pepper, green pepper, carrot and bean sprouts on each pizza base. Top each base with half the chicken and sprinkle each with half the cheese. Bake for 20-25 minutes or until cheese is golden and base is crisp.

*Serves 10*

This is a great way to use up leftover roast chicken. This pizza is also delicious made with cold roast beef, lamb or turkey. If you only want to make one pizza simply halve the ingredients.





*Satay Chicken Pizzas*

## CHOC-MALT THICKSHAKES

4 tablespoons drinking chocolate  
 4 tablespoons malted milk powder  
 1 litre/1<sup>3</sup>/<sub>4</sub> pt chocolate or  
 vanilla ice cream  
 1 cup/250 mL/8 fl oz cold milk

Place drinking chocolate, milk powder, ice cream and milk in a food processor or blender and process until smooth. Pour into glasses and serve immediately.

*Makes 4 thickshakes*



## CHEESE CALZONE

Oven temperature  
200°C, 400°F, Gas 6

2 quantities Basic Pizza  
Dough (page 74)  
olive oil

### CHEESE FILLING

200 g/6½ oz ricotta cheese, drained  
60 g/2 oz tasty cheese (mature  
Cheddar), grated  
60 g/2 oz Swiss cheese, grated  
60 g/2 oz mozzarella cheese, grated  
3 tablespoons snipped fresh chives  
freshly ground ground pepper

1 To make filling, place ricotta cheese, tasty cheese (mature Cheddar), Swiss cheese, mozzarella cheese, chives and black pepper to taste in a bowl and mix to combine. Set aside.

2 Prepare pizza dough as described in recipe and divide into 10 portions. Shape each portion into a 5 mm/¼ in thick round with a 15 cm/6 in diameter.

3 Place spoonfuls of filling in the centre of each round, brush edges with water, then fold over to form a half circle. Press edges together to seal and using a fork make a decorative pattern. Brush calzone with olive oil, place on lightly greased baking trays and bake for 15 minutes or until puffed and golden.

*Makes 10*

These crisp parcels contain a rich smooth cheese filling. Blue cheese lovers will enjoy these calzone made with blue cheese in place of the Swiss cheese.



## CARROT AND SULTANA SALAD

6 carrots, grated  
125 g/4 oz sultanas  
60 g/2 oz chopped nuts

### ORANGE DRESSING

¼ cup/60 mL/2 fl oz orange juice  
2 tablespoons honey

1 Place carrots and sultanas in a serving bowl.

2 To make dressing, place orange juice and honey in a small bowl and whisk to combine. Spoon dressing over carrot mixture and toss to combine. Sprinkle with nuts, cover and refrigerate until required.

*Serves 10*

*Cheese Calzone, Carrot and Sultana Salad*







MENU

Antipasto Platter

Cajun Chicken  
Fettuccine

Cannelloni with Pesto  
Cream

Pasta Salad with  
Roasted Garlic

Selection of salads  
Selection of breads

Selection seasonal  
fresh fruit

# PASTA PARTY

*This easy pasta party for eight is sure to delight your friends. Much of the preparation can be done in advance leaving you free to enjoy your guests. For a complete meal offer an antipasto platter to start, serve the pasta with a selection of salads and breads and finish with seasonal fresh fruit.*



## CAJUN CHICKEN FETTUCCINE

- 2 tablespoons sweet paprika
- 2 cloves garlic, crushed
- 2 teaspoons crushed black peppercorns
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander
- $\frac{1}{2}$  teaspoon chilli powder
- 6 boneless chicken breast fillets, sliced
- 2 teaspoons vegetable oil
- 750 g/ $1\frac{1}{2}$  lb fettuccine

### TOMATO SALSA

- 6 ripe tomatoes, chopped
- 2 fresh red chillies, seeded and finely chopped
- 1 green pepper, chopped
- 1 tablespoon brown sugar
- 3 tablespoons balsamic or red wine vinegar

1 To make salsa, place tomatoes, chillies, green pepper, sugar and vinegar in a bowl and toss to combine. Set aside.

2 Place paprika, garlic, black peppercorns, cumin, coriander and chilli powder in a bowl and mix to combine. Add chicken and toss to coat with spice mixture. Heat oil in a frying pan over a medium heat, add chicken and cook, stirring, for 5 minutes or until chicken is tender. Remove chicken from pan, set aside and keep warm.

3 Cook pasta in boiling water in a large saucepan following packet directions. Drain well and place in a serving dish. Add chicken, toss to combine and serve with salsa.

**Serves 8**

If planning ahead the salsa can be prepared up to a day in advance. The chicken can be prepared and tossed in the spice mixture several hours in advance, leaving only the cooking of the chicken and pasta to do at the last minute.







# CANNELLONI WITH PESTO CREAM

Oven temperature  
180°C, 350°F, Gas 4

16 sheets fresh spinach lasagne

SPINACH FILLING

2 teaspoons olive oil  
1 onion, chopped  
2 cloves garlic, crushed  
12 leaves spinach, shredded  
250 g/8 oz button mushrooms, finely chopped  
1 cup/250 mL/8 fl oz tomato purée

PESTO CREAM

$\frac{3}{4}$  cup/185 g/6 oz ready-made pesto  
300 g/9½ oz sour cream  
1 cup/200 g/6½ oz natural yogurt  
freshly ground black pepper

1 To make filling, heat oil in a frying pan over a medium heat, add onion and garlic and cook, stirring, for 3 minutes or until onion is soft. Add spinach and mushrooms and cook for 4 minutes

longer. Stir in tomato purée, bring to simmering and simmer, stirring occasionally, for 10-15 minutes or until liquid evaporates.

2 To make Pesto Cream, place pesto, sour cream, yogurt and black pepper to taste in a bowl and mix to combine.

3 Cook lasagne sheets in boiling water in a large saucepan following packet directions. Drain well.

4 Place spoonfuls of filling along one long edge of each lasagne sheet and roll up. Place rolls join side down in a greased ovenproof dish and spoon over Pesto Cream. Bake for 25-30 minutes or until hot and bubbling.

**Serves 8**

This dish can be prepared up to a day in advance. Cover and store in the refrigerator until ready to bake.



# PASTA SALAD WITH ROASTED GARLIC

Oven temperature  
180°C, 350°F, Gas 4

20 cloves unpeeled garlic  
8 rashers bacon, chopped  
30 g/1 oz butter  
2 cups/125 g/4 oz breadcrumbs, made from stale bread  
4 tablespoons chopped fresh mixed herb leaves  
freshly ground black pepper  
750 g/1½ lb spinach, tomato or plain linguine

1 Place unpeeled garlic cloves on a lightly greased baking tray and bake for 10-12 minutes or until soft and golden. Peel garlic and set aside.

2 Cook bacon in a frying pan over a medium heat for 4-5 minutes or until crisp. Drain on absorbent kitchen paper.

3 Melt butter in a clean frying pan, add breadcrumbs, herbs and black pepper to taste and cook, stirring for 4-5 minutes or until breadcrumbs are golden.

4 Cook pasta in boiling water in a large saucepan following packet directions. Drain well and place in a warm serving bowl. Add garlic, bacon and breadcrumb mixture, toss and serve immediately.

**Serves 8**

*Pasta Salad with Roasted Garlic,  
Cannelloni with Pesto Cream*

The garlic can be roasted and the bacon and breadcrumb mixture cooked several hours in advance, leaving just the cooking of the pasta and the final assembly of the salad to do at the last minute.







# THE BASICS

*A pizza dough, a guide to cooking perfect pasta and some interesting pizza base alternatives are just some of the tips you will find in this chapter. For easy reference the secrets of cooking and preparing delicious pizzas and tasty pasta dishes have been collected together in one place.*



## SCONE DOUGH

Oven temperature  
220°C, 425°F, Gas 7

A scone dough is a good alternative to using a yeast based dough when time is short. Follow the instructions in the pizza recipe for topping. The cooking time will usually be a little less when using a scone dough.

2 cups/250 g/8 oz self-raising flour  
1 teaspoon baking powder  
2 teaspoons sugar  
60 g/2 oz butter, chopped  
1 egg, lightly beaten  
½ cup/125 mL/4 fl oz milk

1 Sift flour and baking powder together into a bowl, add sugar. Using your fingertips, rub in butter until mixture resembles fine breadcrumbs.

2 Make a well in the centre of flour mixture and using a round-ended knife, mix in egg and enough milk to form a soft dough.

3 Turn dough onto a lightly floured surface and knead with fingertips until smooth. Using heel of hand, press dough out evenly, shape and top as desired, then bake for 15-20 minutes or until base is cooked and golden.



## ALTERNATIVE PIZZA BASES

**Focaccia bread**

**Vaccum-packed pizza bases**

**Frozen pizza bases**

**Pitta bread rounds**

**Large hamburger buns** – split and use to make individual pizzas

**Muffins** – split and use to make individual pizzas – children love them

Remember that choosing one of these as your base may affect the cooking time of your pizza. If using already cooked breads and pitta bread, the cooking will only take 10-15 minutes – just long enough to heat the top and base.

Next time you are in the supermarket have a look in the bread and freezer sections and see what would be suitable to use as an easy alternative to making your own pizza base.

*Check the bread and freezer sections for alternative pizza base ideas*







# BASIC PIZZA DOUGH

1 teaspoon active dry yeast  
pinch sugar  
 $\frac{2}{3}$  cup/170 mL/ $5\frac{1}{2}$  fl oz warm water  
2 cups/250 mL/8 oz flour  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{4}$  cup/60 mL/2 fl oz olive oil

1 Place yeast, sugar and water in a large bowl and mix to dissolve. Set aside in a warm, draught-free place for 5 minutes or until foamy.

2 Place flour and salt in a food processor and pulse once or twice to sift. With machine running, slowly pour in oil and

yeast mixture and process to form a rough dough. Turn dough onto a lightly floured surface and knead for 5 minutes or until soft and shiny. Add more flour if necessary.

3 Lightly oil a large bowl, then roll dough around in it to cover the surface with oil. Cover bowl tightly with plastic food wrap and place in a warm, draught-free place for  $1\frac{1}{2}$ -2 hours or until dough has doubled in volume. Knock down and remove dough from bowl. Knead briefly before using as desired.

*Makes 250 g/8 oz dough*

This pizza dough has been used throughout this book.



## VARIATIONS

*Ring the changes by adding or substituting ingredients in the Basic Pizza Dough.*

**HERB PIZZA DOUGH:** Add 1 teaspoon dried mixed herbs to the flour mixture.

**CHEESE PIZZA DOUGH:** Add 60 g/2 oz grated tasty cheese (mature Cheddar) to the flour mixture.

**TOMATO PIZZA DOUGH:** Replace the water with  $\frac{2}{3}$  cup/170 mL/ $5\frac{1}{2}$  fl oz tomato juice – you will need to warm the tomato juice.

**WHOLEMEAL PIZZA DOUGH:** Replace half the flour with wholemeal flour. You may need to add a little extra water.

*Homemade pizza dough is a tasty and economical alternative to purchased pizza bases*







If a suffix is added it indicates:

-ini, a smaller version

-oni, a larger version

-rigate, ridged; and

-lisce, smooth.

**Angel's hair pasta:** Also labelled as *capelli di angelo* this is an extremely long thin pasta, that is dried in coils to prevent it from breaking. Because of its delicate nature angel's hair pasta is best served with a light sauce.

**Cannelloni:** This large hollow pasta is most often stuffed, topped with a sauce and cheese, then baked. Cannelloni can also be stuffed and deep-fried until crisp. If deep-frying, the tubes will need to be boiled before stuffing and frying. Lasagne sheets can also be used for baked cannelloni – spread the filling down the centre of the pasta then roll up.

**Farfalle:** Meaning 'butterflies', this bow-shaped pasta is ideal for serving with meat and vegetable sauces, as the sauce becomes trapped in the folds.

**Fettuccine:** A flat ribbon pasta that is used in a similar way to spaghetti. Often sold coiled in nests, fettuccine is particularly good with creamy sauces, which cling better than heavier sauces.

**Lasagne:** These flat sheets of pasta are most often layered with a meat, fish or vegetable sauce, topped with cheese, then baked to make a delicious and satisfying dish. Instant (no precooking required) lasagne that you do not have to cook before using is also available.

**Linguine:** This long thin pasta looks somewhat like spaghetti but has square-cut ends. It can be used in the same way as spaghetti, fettuccine and tagliatelle.

**Macaroni:** Short-cut or 'elbow' macaroni, very common outside of Italy, is most often used in baked dishes and in the ever-popular macaroni cheese.

**Orecchiette:** Its name means 'little ears' and this is exactly what this pasta looks like. It is made without eggs and tends to have a chewier and firmer texture than some other pastas. Traditionally a homemade pasta, it can now be purchased dried from Italian food stores and some supermarkets.

**Pappardelle:** This very wide ribbon pasta was traditionally served with a sauce made of hare, herbs and wine, but today it is teamed with any rich sauce.

**Penne:** A short tubular pasta, similar to macaroni, but with ends cut at an angle rather than straight. It is particularly suited to being served with meat and heavier sauces, which catch in the hollows.

**Shell pasta:** Also called *conchiglie*, if large, or *conchigliette*, if smaller. The large shells are ideal for stuffing and a fish filling is often favoured because of the shape of the pasta. Small shells are popular in casseroles, soups and salads.

**Spaghetti:** Deriving its name from the Italian word *spago* meaning 'string', spaghetti is the most popular and best known of all pastas outside of Italy. It can be simply served with butter or oil and is good with almost any sauce.

**Spiral pasta:** Also called *fusilli*, this pasta is great served with substantial meat sauces, as the sauce becomes trapped in the coils or twists.

**Tagliarini:** Similar to fettuccine, this is the name often given to homemade fettuccine.

**Tagliatelle:** Another of the flat ribbon pastas, tagliatelle is eaten more in northern Italy than in the south and is used in the same ways as fettuccine.

There are some general rules that will ensure that you enjoy your pasta to the fullest: thin, long pasta needs a good clinging sauce; hollow or twisted shapes take chunky sauces; wide, flat noodles carry rich sauces; and delicate shapes require a light sauce without large pieces in it.







# COOKING PASTA

Cook pasta in a large, deep saucepan of water: the general rule is 4 cups/1 litre/1<sup>3</sup>/<sub>4</sub> pt water to 100 g/3<sup>1</sup>/<sub>2</sub> oz pasta. Bring the water to a rolling boil, toss in salt to taste (in Italy, 1 tablespoon per every 100 g/3<sup>1</sup>/<sub>2</sub> oz is usual), then stir in pasta. If you wish, add some oil.

When the water comes back to the boil, begin timing. The pasta is done when it is 'al dente', that is tender but with resistance to the bite. Remove the pasta from the water by straining through a colander or lifting out of the saucepan with tongs or a fork.

## HOW MUCH PASTA TO SERVE

PASTA TYPE	FIRST COURSE	MAIN MEAL
Dried Pasta	60-75 g 2-2 <sup>1</sup> / <sub>2</sub> oz	75-100 g 2 <sup>1</sup> / <sub>2</sub> -3 <sup>1</sup> / <sub>2</sub> oz
Fresh Pasta	75-100 g 2 <sup>1</sup> / <sub>2</sub> -3 <sup>1</sup> / <sub>2</sub> oz	125-155 g 4-5 oz
Filled Pasta	155-185 g 5-6 oz	185-200 g 6-6 <sup>1</sup> / <sub>2</sub> oz

You will find that the pasta quantities used in this book are fairly generous. In many cases, all you will need to make a complete

meal is a tossed green or vegetable salad and some crusty bread or rolls.





# INDEX

- Angel's Hair Pasta
  - with Fresh Tomato Sauce 6
  - Nets with Lobster 54
- Avocado
  - and Salmon Pizza 13
  - Sauce 18
- Bean Chilli Pizza 38
- Beef
  - Sauce 32
  - Thai Pizzas 58
- Bolognaise Sauce 28
- Boscaiola Sauce 30
- Cajun Chicken Fettuccine 68
- Calzone
  - Cheese 66
  - Pesto Vegetable 8
  - Prosciutto and Cheese 14
- Cannelloni
  - with Pesto Cream 70
  - Vegetable 46
- Carbonara Sauce 22
- Carrot and Sultana Salad 66
- Cheddar
  - Pizza Dough 74
  - Sauce 32, 33
- Chicken
  - Cajun Fettuccine 68
  - and Mango Pasta Salad 17
  - Satay Pizzas 64
  - Smoked Chicken Pappardelle 60
  - Yogurt Pizza 14
- Chilli
  - Bean Pizza 38
  - Ginger Marinade 18
  - and Lemon with Linguine 7
  - Prawn Pizza 12
- Choc-mal't Thickshakes 65
- Conchiglie *see* Shell Pasta
- Dressing
  - Creamy 64
  - Mango Chutney 17
  - Orange 66
- Farfalle with Spring Vegetables 36
- Fettuccine
  - see also* Tagliarini
  - Alfredo 31
  - Cajun Chicken 68
  - Carbonara 22
  - Pesto 27
  - Raspberry Salmon 61
  - with Spinach Sauce 6
- Fig and Prosciutto Pizzas 59
- Forest Mushroom Pasta 44
- French Pissaladiere 26
- Fusilli (Spiral Pasta) Salad 43
- Garden Pizza 39
- Garlic Pasta Salad 70
- Gnocchi with Gorgonzola Sauce 28
- Gorgonzola Sauce 28, 48
- Green Salad with Creamy Dressing 64
- Gremolata 52
- Grilled Vegetable Pasta 10
- Herb
  - Pizza Dough 74
  - Ricotta Pizza 40
  - Sauce 36
- Lasagne
  - Tomato and Cheese 16
  - Traditional 32
- Leek and Spinach Cannelloni 46
- Lime Cream 54
- Linguine
  - with Chilli and Lemon 7
  - Salad with Roasted Garlic 70
- Lobster in Pasta Nets 54
- Macaroni
  - Cheese 33
  - Soup 42
- Mango Chutney Dressing 17
- Marinara Sauce 30
- Mayonnaise, Raspberry 61
- Mushroom
  - Pasta 44
  - Sauce 30
- Napolitana Sauce 23
- Nasturtium Butter 60
- Octopus with Tagliatelle, Chilli 18
- Onion Confit 56
- Orange Dressing 66
- Pancetta and Pear Pizzas 52
- Pappardelle
  - Baked Vegetable 34
  - Smoked Chicken 60
- Pear and Pancetta Pizzas 52
- Penne
  - with Gorgonzola Sauce 48
  - Napolitana 23
  - with Saffron and Prawns 4
- Peperoni Pizzas 62
- Pesto
  - Cream 70
  - Fettuccine 27
  - Pizzette 40
  - Vegetable Calzone 8
- Pissaladiere, French 26
- Pizza
  - see also* Calzone
  - Basic Dough 74
  - Alternative Bases 72
  - Scone Dough 72
  - Variations to Basic Dough 74
  - Chicken Yogurt 14
  - Chilli Bean 38
  - Deep-dish Vegetarian 49
  - French Pissaladiere 26
  - Garden 39
  - Herbed Ricotta 40
  - Original Tomato 24
  - Pancetta and Pear 52
  - Peperoni 62
  - Pesto Pizzette 40
  - Prawn Chilli 12
  - Prosciutto and Fig 59
  - Salmon and Avocado 13
  - Sardine and Lime 9
  - Satay Chicken 64
  - Smoked Salmon 50
  - Supremo 20
  - Thai Beef 58
  - Three-Cheese 24
- Pizzette, Pesto 40
- Prawns
  - Chilli Pizza 12
  - with Penne and Saffron 4
- Prosciutto
  - and Cheese Calzone 14
  - and Fig Pizzas 59
- Raspberry Salmon Pasta 61
- Ravioli with Walnut Sauce 44
- Ricotta
  - Calzone 66
  - Herbed Pizza 40
  - and Prosciutto Calzone 14
  - and Tomato Lasagne 16
- Saffron Sauce 4
- Salad
  - Carrot and Sultana 66
  - Chicken and Mango Pasta 17
  - Green, with Creamy Dressing 64
  - Pasta, with Roasted Garlic 70
  - Spiral Pasta 43
- Salmon
  - see also* Smoked Salmon
  - Raspberry Pasta 61
- Salsa, Tomato 68
- Sardine and Lime Pizza 9
- Satay Chicken Pizzas 64
- Sauce
  - see also* Dressing
  - Avocado 18
  - Bolognaise 28
  - Boscaiola 30



- Carbonara 22
- Cheddar 32, 33
- Fresh Tomato 6, 16
- Gorgonzola 28, 48
- Gremolata 52
- Lime Cream 54
- Marinara 30
- Meat 32
- Mushroom 30
- Napolitana 23
- Nasturtium Butter 60
- Onion Confit 56
- Pesto 27
- Pesto Cream 70
- Raspberry Mayonnaise 61
- Saffron 4
- Six Herb 36
- Spinach 6
- Tomato 18, 46
- Tomato Salsa 68
- Vegetable and Chilli 47
- Walnut 44
- White 44
- Scallop and Red Pepper Pasta 52
- Scone Dough 72
- Seafood Sauce 30
- Shell Pasta
  - Chicken and Mango Salad 17
  - Vegetable and Chilli 47
- Six Herb Sauce 36

- Smoked Chicken Pappardelle 60
- Smoked Salmon
  - and Avocado Pizza 13
- Pizzas 50
- Souffle, Tagliatelle 57
- Soup, Macaroni 42
- Spaghetti
  - Bolognaise 28
  - Marinara 30
  - with Tuna and Cress 53
- Spinach
  - Cannelloni with Pesto Cream 70
  - and Leek Cannelloni 46
  - Sauce 6
- Spinach Tagliatelle
  - with Chilli Octopus 18
  - with Grilled Vegetables 10
- Spiral Pasta Salad 43
- Tagliarini, Scallop and Red Pepper 52
- Tagliatelle
  - see also* Spinach Tagliatelle
  - Soufflé 57
- Thai Beef Pizza 58
- Thickshakes, Choc-malt 65
- Three-Cheese Pizzas 24
- Tomato
  - and Cheese Lasagne 16
  - Pizzas 24
  - Pizza Dough 74
  - Salsa 68

- Sauce 6, 18, 46
- Tortellini
  - Boscaiola 30
  - with Onion Confit 56
- Tuna and Cress with Spaghetti 53
- Vegetables
  - Cannelloni 46
  - and Chilli Pasta 47
  - Deep-dish Pizza 49
  - with Farfalle 36
  - Garden Pizza 39
  - Pappardelle 34
  - Pasta 10
  - Pesto Calzone 8
- Walnut Sauce 44
- White Sauce 44
- Wholemeal Pizza Dough 74
- Yogurt Chicken Pizza 14

