



**Cuizoo Cooking School**  
October 2, 2019  
Spaghetti and Meatballs

**Recipes:**

Tomato Sauce  
Homemade Spaghetti  
Italian Parfaits

**Cuizoo's Take on Marcella Hazan's 3 Ingredient Tomato Sauce**

Yields 8-12 servings, or enough sauce for a double batch or about 3 dozen meatballs or 2 batches of pasta

*Marcella Hazan has a famous 3 ingredient tomato sauce with simply tomatoes, onion, and butter. I love it as she does it and also with a few additions to give it a few more than three ingredients. It is equally delicious over pasta or in recipes!*

2- 28 ounce cans of whole, peeled San Marzano tomatoes (don't strain)  
12-16 T of butter, 1 ½-2 sticks (can reduce a bit, but the sauce won't be as delicious!)  
1 large onion, peeled and cut in half  
2 t sugar  
2 t salt  
Freshly ground pepper to taste  
Small bunch of fresh basil  
3 garlic cloves, peeled

In a large stock pot, combine tomatoes and their juices, butter, onion, sugar, salt and pepper. If you have a small cheesecloth bag, place basil and garlic in it, tie it up, and put it into tomatoes. If you don't, just throw it all in the pan together. Place on stove over medium heat and bring to a simmer. Reduce heat to low and simmer for about an hour, mostly covered. Stir every once in a while. When ready to serve, remove cheesecloth with basil and garlic and the whole onion (and fish garlic/basil out if it is loose). All that should be left in the pan is the tomatoes and sauce. Mash the tomatoes if desired and check for seasoning. If tomatoes are overly acidic, you may need another pinch of sugar and/or more salt and pepper. Keep warm until ready to serve.

## Homemade Pasta

Recipe from Anne Burrell

Makes about 1.5 pounds of fresh pasta

1 pound all-purpose flour (about 3  $\frac{1}{3}$  cups, but weigh to be sure)

4 whole eggs, plus 1 yolk

1/4 cup extra-virgin olive oil

Pinch of kosher salt

1 to 2 tablespoons water or more if needed

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1. Put the flour on a clean dry work surface or in a very large bowl. Make a hole (this is also called a well) in the center of the flour pile that is about 8 inches wide (bigger is definitely better here). Crack all of the eggs and the yolk into the hole and add the olive oil, salt and water.
  2. Using a fork, beat the eggs together with the olive oil, water and salt. Using the fork, begin to incorporate the flour into the egg mixture; be careful not to break the sides of the well or the egg mixture will run all over your board and you will have a big mess! Also, don't worry about the lumps. When enough flour has been incorporated into the egg mixture that it will not run all over the place when the sides of the well are broken, begin to use your hands to really get everything well combined. If the mixture is tight and dry, wet your hands and begin kneading with wet hands. If it is still not coming together, you can add a spoonful of water at a time until it does. When the mixture has really come together to a homogeneous mixture, THEN you can start kneading.
  3. When kneading it is VERY important to put your body weight into it, get on top of the dough to really stretch it and not to tear the dough. Using the heels of your palms, roll the dough to create a very smooth, supple dough. When done the dough should look VERY smooth and feel almost velvety. Kneading will usually take from 8 to 10 minutes for an experienced kneader and 10 to 15 for an inexperienced kneader. Put your body weight into it, you need to knead! This is where the perfect, toothsome texture of your pasta is formed. Get in there and have fun!
  4. When the pasta has been kneaded to the perfect consistency, wrap it in plastic and let rest for at least 30 minutes. If using immediately, do not refrigerate. If you would like to make it ahead of time, wrap tightly and refrigerate. Return the dough to room temperature before you roll it out.
  5. Roll and cut the pasta into desired shape.
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## **Italian Parfaits**

Today we are making an easy Italian-inspired dessert. We have chocolate biscotti, mascarpone whipped cream, sliced strawberries, and sliced almonds. The kids will layer the ingredients as they choose and the possibilities are endless! This is a great way to use up various odds and ends in your pantry. Try ladyfingers, pound cake, cookie crumbs, all types of fruit, nuts, chocolate chips, whipped cream, etc. Just make sure to use delicious, fresh ingredients!

### **Mascarpone Whipped Cream**

2 cups heavy whipping cream, chilled

$\frac{3}{4}$  cup confectioners sugar (to taste)

2 t vanilla extract

8 oz. (1 cup) mascarpone cheese, room temperature (can use less if desired)

(Optional: add lemon curd, espresso, citrus zest, etc. for other flavors)

Whip cream until stiff peaks form. Add confectioners sugar and vanilla extract until combined. Mix in mascarpone cheese until mixture is thoroughly combined and fluffy. Layer in parfaits or chill for use in desserts.

Before they get here:

Make and mash pasta sauce, keep warm

Make two batches of pasta

Make garlic butter

Make mascarpone whipped cream

Wash berries

Make biscotti crumbs

Timeline:

4:00-4:15 Intro and wash hands, Sauce simmering

4:15-4:45 Make and knead pasta (rest pasta in fridge)

4:45-5:00 Prepare Parfaits

5:00-5:30 Roll and cut pasta (already prepared dough)

5:15 Boil water for pasta

5:30-5:40 Cook pasta and drain

5:45 Serve pasta and sauce

5:50 Serve dessert parfaits and package leftovers

### Trivia:

1. In Italian, the word spaghetti means:

\*Thin string

Noodle

Flour and Eggs

Dinner

Spaghetti is the plural form of the Italian word spaghetti, which is a diminutive of spago, meaning "thin string" or "twine."

2. If you travel to Italy, you will always see Italians eating spaghetti with:

With a fork and spoon, using the spoon to twirl the noodles

\*Only a fork, twirling it with the plate

With a knife and fork, cutting it into small bites

With their fingers

Italians never use a spoon and a fork when eating spaghetti. This is an American habit. In Italy you simply twirl a fork against the dish.

3. Which country started serving meatballs with spaghetti in the 1940s?

Italy

\*United States

Great Britain

Germany

Thin spaghetti served with tomato sauce dates only as far back as the 19th century, to Naples, Italy. In Naples the sauce was served with fatty meats like bacon, ham or sausage. Meatballs made with beef as an accompaniment to spaghetti started showing up in American cookbooks around World War II.

4. How many pounds of spaghetti were sold in American grocery stores in the year 2000?

100 million pounds

1000 pounds

\*1.3 million pounds

1 billion pounds

In the year 2000, over 1.3 million pounds of spaghetti were sold in American grocery stores. If all of those packages were lined up, they could circle the Earth nine times.

5. How many different shapes of pasta are produced around the world?

\*600 shapes

1 million shapes

100 shapes

5000 shapes

According to the International Pasta Organization, there are more more than 600 different shapes of pasta produced throughout the world.