

# **Cooking with David**

## **Menu & Ingredients**

Serves 2-4

### **Menu**

Arugula salad with shaved asparagus in mint oregano vinaigrette

Charred artichoke hearts with capers, lardons, and cannellini beans

Ricotta gnocchi in arrabbiata sauce

### **Ricotta Gnocchi**

- 1 LB whole milk ricotta

- 1 Egg

- 150-300g All Purpose Flour (appx.  $\frac{1}{2}$ - $\frac{3}{4}$  LB) + extra for dusting (*Quantity will vary depending on moisture levels*)

### **Procedure:**

To begin, set a stockpot with water on the burner and bring to a boil. Season with salt until it tastes of the ocean

Additionally, have a sheet pan liberally dusted with flour for finished gnocchi

You will want your sauce done and simmering before beginning this process

In a mixing bowl combine 150g of AP flour (~1 cup), 1 egg, and 1 LB of ricotta. Mix with a spatula to combine.

Add your reserved extra flour, little by little ( $\frac{1}{2}$ C at a time) until the dough is formed

You're looking for a dough that is held together, and not too sticky. If it's sticking to your fingers and seems like you won't be able to roll it out, it needs more flour

*Side note:* the less flour you find yourself needing to add, the better. This takes time and experience and because the moisture levels of the atmosphere, egg, and ricotta will vary, it will take a varying degree of flour.

Once dough is formed, shape into a ball and divide into 4 pieces

One piece at a time, roll into a long cylinder, approximately  $\frac{3}{4}$ " in diameter. This is also personal preference as you can cut the gnocchi to your liking.

From this rope, cut  $\frac{1}{2}$ "- $\frac{3}{4}$ " pieces



**Hunger Intervention Program**

Using your gnocchi board, or the back of a fork, lightly roll the cut pieces off, applying light pressure with your thumb, in a swift motion onto the dusted sheet tray

Work through all of the dough and when ready, drop your gnocchi into lightly boiling water

*Side note:* do NOT bring the water to a violent boil. If it's too harsh you might break your gnocchi apart

The gnocchi will cook very quickly, so be prepared with your warm sauce

When the gnocchi float, they are finished and can be removed and placed in the sauce



### **Arrabbiata Sauce**

- ~32oz can of crushed tomatoes
- 6 large cloves of garlic (Minced)
- 1 tablespoon crushed red pepper (*more or less to taste*)
- 1/4 cup (4 tablespoons) tomato paste
- 1/2 cup extra virgin olive oil

#### **Procedure:**

In a saucepan combine olive oil and crushed red pepper

Heat over medium low heat, lightly frying and releasing the oils from the pepper flakes, for 4-5 minutes being careful not to burn (turn the heat down if needed)

Add your minced garlic, being careful not to burn, and sweat for 30 seconds-1 minute. If it's browning, turn the heat down

Add tomato paste, stir to combine, and raise the temperature slightly to medium if necessary and cook slightly for 2 minutes

Add your can of crushed tomatoes and stir

Bring to a simmer and continue to cook for 20-30 minutes



### **Arugula Salad w. Shaved Asparagus in Mint Oregano Vinaigrette**

- 5 oz arugula
- 1 red onion, Thinly Sliced
- 5-6 stalks of asparagus, the thicker the better, Shaved using a peeler with the tips saved
- 1 tablespoon mint roughly chopped
- 1 clove garlic minced
- 2 lemons juiced for ~1/4C of juice
- 1 tablespoon oregano roughly chopped
- Parmesan cheese wedge or chunk for shaving, or 1/4C of shaved parmesan
- 1/2 cup extra virgin olive oil

#### **Procedure:**

In a mixing bowl, place lemon juice, roughly chopped oregano and mint, and garlic.

Slowly drizzle in olive oil while whisking constantly to create the vinaigrette

Season with salt and pepper to taste, add more acid if necessary

Combine your arugula, shaved asparagus, and red onion in a bowl and dress with your vinaigrette

Plate and garnish with shaved parmesan



### **Charred Artichoke Hearts w. Capers, Lardons, and Cannellini Beans**

- ~10 oz bottle of marinated artichoke hearts, drained and cut in half
- ~3 strips of bacon cut into ¼" pieces
- 1 tablespoon capers, drained
- 15 oz can cannellini beans, drained
- 1 lemon, halved
- Reserved asparagus tips

#### **Procedure:**

In a skillet or pan, heat a small amount of canola oil over medium-high heat. When hot, add your artichoke hearts, cut side down. Additionally, add your lemon, cut side down as well

Sear for 4-5 minutes a side until charred.

When done remove both artichokes and charred lemon from the pan and reserve to the side until the final steps

In a large skillet add bacon pieces. Heat over low-medium heat, gently, to render the fat out of the bacon. This should take a little time. You'll notice the bacon begin to give up its fat, and eventually you'll hear it start to sizzle and talk to you.

When you've rendered the fat, turn the heat up to medium-high and fry your bacon until crisp.

When crisp, keep your pan heated and add the asparagus tips, and saute for a minute

Add your capers and heat for 20-30 seconds until the smell of the brine smooths out

Add your cannellini beans and artichoke hearts and heat through

Finish with a squeeze of your charred lemon

