



HOW TO COOK

Newsletter

The Italian Edition

What is Italian Cuisine?

Those who are most familiar with Italian cuisine will tell you that really, there is no such a thing as Italian cuisine. The Italy that exists today came into being only in 1861, when it was officially unified. For centuries until then, separate courses of history, differences in climate and geography shaped the cuisine in each individual Italian region. So what we have today that is known as 'Italian cuisine' is a sumptuously rich and amazingly diverse collection of regional foods and traditions.

The traditional Italian menu consists of the following:

Antipasto - hot or cold appetisers

Primo (first course) – it might surprise some to learn that substantial dishes such as pasta, risotto and gnocchi are almost always served as the first course only.

Secundo (second course) – this is the main course and usually consists of a meat dish, such as veal, or a fish dish. Pasta is never served as part of the main course.

Contorno – side dishes of cooked vegetables or salads to accompany the main course. Traditionalists would serve salad following the main course.

Dolce – literally 'sweet', this is the dessert course

Read more on Iris' recent travels and Italian cuisine at her food blog [CLICK HERE](#)

Wilton Cake Decorating Classes

The next Cake Decorating Class running at How To Cook in the month of August is Course 1, The Wilton Cake Decorating Basics.

The Wilton Method® Decorating Basics Course 1 is the perfect place to start your new cake decorating hobby! You'll understand how to make and colour icing and learn the techniques to make icing decorations for your cake. For more information visit our [website](#). The course starts Monday August 8. To enrol email info@howtocook.com.au or phone 07 5443 6210.



Italian Kitchen essentials available at How To Cook!

- Electric pasta maker
- Gnocchi boards
- Ravioli cutters
- Pasta maker
- Pasta rolling pins
- Olive oils
- 00 flour for making pasta and pizza bases
- Many different dried pastas in stock....big ears and little ears....angel hair pasta...Paccheri, Mparrettati & Lumaconi... plus many more that are available only from speciality stores.



Truffle Season

With the onset of cold weather comes fantastic news.... we are now well and truly in the Western Australian truffle season, which means How To Cook now has fresh truffles available on request each Friday afternoon!

Held in high esteem in French, Spanish, northern Italian and Greek cooking, the truffle has a pungent taste and is generally served raw, and shaved over steaming buttered pasta or salads.

West Australian Truffles are growing in renown. Our supplier tells us that "the quality, texture and aroma of these Aussie truffles are spectacular and some of the worlds most famous chefs are taking note". Orders for fresh truffles will need to be placed by 5 pm on a Tuesday in order to arrive Friday and prices vary depending on the quality of the truffle.

West Ausralian Truffles are available in increments of 50 gms and cost between \$168 to \$180 per 50 gms . Alternatively, we also have Dried Chinese truffles which are always available in a jar for \$200 for 300gms and the taste is still quite good.

For more information about truffles check out the [Australian Truffle Growers Association website](#).



HOW TO COOK
Kitchen & Food Emporium

OPEN:

8.30am to 5pm Monday-Friday

8am - 4pm Saturday

www.howtocook.com.au



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FRESH EGG PASTA

Ingredients

600gms flour 00 flour
3 large whole eggs
6 egg yolks from 6 large eggs



Method

1. Place the flour in a bowl.
2. Make a well in the centre.
3. Beat eggs in a cup till smooth. Pour into flour.
4. Using the tips of the fingers, mix the eggs with the flour incorporating a little at a time till combined.
5. Knead together and continue to knead till you have one smooth lump of dough.
6. Tip onto a board and continue to knead and work with your hands to develop the gluten in the flour. This process strengthens the pasta which stops the pasta from absorbing too much water during the cooking process.
7. Continue to knead by squashing, reshaping, pulling and stretching.
8. Stop when your dough feels smooth and silky as opposed to rough and floury.
9. Wrap and completely cover with cling film and refrigerate for at least 30 mins.
10. Cut into pieces the size of an orange and work with pieces this size.
11. Dust the work surface with 00 flour.
12. Take a piece of dough and press it out flat with your fingers.
13. Roll till very thin. For ravioli you will knead to the point where you can clearly see your hand or lines of newsprint through it.
14. Once rolled to required thickness, shape immediately as it dries out quickly.
15. To stop pasta from drying out, cover with a damp tea towel.

Notes

You can use a machine to roll pasta dough to desired thickness. If rolling by hand you will need a long rolling pin. When making pasta, use 1 whole egg or 2 egg yolks for every 100gms flour. You will need a [pasta skimmer](#) when cooking.

Italian themed Friday Demonstrations



Iris has recently returned from a fabulous tour of Italy and is keen to share her cooking adventures with you at the regular Friday Demonstrations.

So this month the theme is Italian Food. At the demonstrations you will learn how to make Gnocchi and tasty Italian sauces. Check the [website](#) for last week's [Pumpkin & Ravioli Recipe](#).

Friday Demonstrations are held every Friday from 10am to 11am and cost \$10 for coffee, cake, 1 hour demonstration and tasting.

SPAGHETTI AGLI E OLIO WITH SEAFOOD

Ingredients

250 g spaghetti	2 Tbls lemon juice
1.5kg prawns	1 rind of lemon
4 tablespoons olive oil	
2 sliced cloves garlic	
1 small red chili deseeded and sliced	
3 tablespoons chopped parsley	
3 tablespoons chopped basil	
2 tablespoons white wine	
Salt and Pepper	



Method

1. Heat olive oil in a pan.
2. Add seafood, chilli and garlic and fry until seafood begins to change color.
3. Add white wine to deglaze the pan.
4. Add cooked pasta, chopped parsley, lemon juice & rind, chopped basil and salt & pepper.
5. Toss together and serve.

Gluten Free Choices

How To Cook stocks a range of gluten free products including;

- Gluten free cakes and brownies
- Savoury biscuits for cheese and snacks
- Ice-cream in several flavours
- Pasta sauces
- Curries
- Homemade soups
- Flours and other ingredients



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Contact us:

68 Sixth Avenue, Cotton Tree, QLD 4558
PH: 07 5443 6210 FX: 07 5443 6215
info@howtocook.com.au