



Menu for cookery lessons

Please choose **three** dishes of your choice from the ones below or from my cookery book. I will bring all the ingredients and we'll spend a couple of hours cooking together - I'll guide you step by step wherever needed.

Soup, pasta, lasagne, rice and starters

Lasagna with tomato sauce and cheeses or ricotta and spinach (available also gluten free) (D)
Lasagna with meat and tomato sauce OR vegetarian OR wild mushroom and béchamel (M) (D)
Cannelloni or Crespelle with ricotta & spinach in tomato sauce OR butternut squash, sage & ricotta (D)
Minestrone soup (P)
Pasta e fagioli (borlotti bean soup) (P)
Chicken (and beef) soup (M)
Butternut squash, coconut milk and lemon grass soup (P)
Lentil, sweet potatoes, preserved lemons and coconut milk – either chunky or as a soup (P)
Chunky spiced vegetable with couscous (P)
Quinoa & Bulgur with edamame and wasabi dressing (P)
Couscous with chickpeas, sun dried tomatoes and fresh herbs (P)
Mejadra - Rice with lentils with caramelized and crispy onions (P)
Puy lentil, sun dried tomatoes and rocket salad with a lemon, parsley & anchovy dressing (P)
Mix wild rice salad with dried fruits, olives, mixed fresh herbs, sun dried tomatoes and nuts (P)
A wide variety of pasta dishes and sauce, including but not only: simple tomato sauce, Bolognese, fresh pesto, puttanesca, bigoli in salsa (onions and anchovies), cacio e pepe, cream tomato and vodka, cream and lemon, red wine spaghetti, vegetarian carbonara, tomatoes olives and capers, bottarga....
Fresh pasta OR gnocchi making

Main courses of fish, meat or chicken

Cod 'parmigiana' – fresh cod fillets with tomato sauce, grilled aubergines and parmesan (D)
Sea bass fillets with a light tomato sauce, chilli and parsley OR fresh tomatoes, olives and capers (P)
Sarade in saor (Vebebian sweet and sour sardines) (P)
Salmon side (or fillets) with soy sauce, ginger and honey OR with cherry tomatoes and herbs (P)
Fish Haraimi – Spicy Libyan fish (sea bass/cod/tinned tuna) with spicy tomato sauce, cumin and caraway (P)
Sea bass / salmon ceviche with mango, avocado, cashew nuts and chilli (P)
Fresh salmon and/or sea bass carpaccio marinated with lemon and fresh herbs (P)
Tofu 'steaks' with sweet chilli, soya sauce and toasted sesame oil (P M)
Chicken legs/ Boneless thighs with lemon, artichokes, olives and ginger OR tomatoes, olives & red wine (M)
Chicken legs/ Boneless thighs with dried apricot and figs OR with dates and pomegranate molasses (M)
Chicken legs/ Boneless thighs with pomegranate molasses, honey and preserved lemons (M)
Chicken breast with pomegranate and honey (M)
Lamb cutlets with pomegranate molasses, honey and fresh herbs OR lemon and egg sauce (M)
Slow cooked lamb shoulder or shank with fresh herbs and red wine – one extra hour (M)
Lamb tagine with apricots and chickpeas OR dates and pomegranate molasses – one extra hour (M)
Italian roast beef with a white wine gravy (M)
Stracotto – Roman Jewish beef stew with tomato and red wine sauce -2 extra hours (M)
Lubia bel cammun - Libyan Jewish beef stew with beans and cumin – 2 extra hours (M)
Peppers stuffed with minced beef, veal or lamb -or a mix - in tomato sauce (M)
Meatballs OR meatloaf (beef, veal, lamb or a mix) in tomato OR white wine sauce (M)



Vegetables – main courses and side dishes

Melanzane alla parmigiana (gratin of aubergines, tomato sauce and mozzarella) (D)
Cold version of melanzane alla parmigiana – Layers of aubergines, tomato sauce, parmesan and basil (D)
Quiche with peppers and goat cheese OR Courgettes and sun dried tomatoes OR pumpkin, ricotta, sage (D)
Roasted peppers stuffed with aubergines, pesto and mozzarella OR with mozzarella, anchovies and olives (D)
Mixed antipasti of roasted courgettes, aubergines and peppers (P)
Caponata di melanzane (sweet and sour aubergines, tomatoes, olives, capers and onions) (P)
Roast carrot with coriander seeds, grilled asparagus, fresh green salad with honey and mustard dressing (P)
Roast aubergine, green beans, sesame oil, feta and pomegranate seeds (D or P without feta)
Roast aubergines or Butternut squash with tahini, pomegranate and fresh herbs (P or D)
Cavolo nero salad (with or without butternut squash) OR roasted crispy with cranberries and mixed seeds (P)
Slow roasted, deliciously sweet cherry tomatoes with garlic head and basil (P)
Sweet and sour carrots with pine nuts and raisins OR roasted with coriander seeds and thyme (P)
Sweet and sour shallots with raisins and Marsala wine (P)
Roast cauliflower 'steaks' with soya and toasted sesame oil and seeds (P)
Whole (or florets) roast cauliflowers with crème fresh, pomegranate molasses and mixed spices (D)
Fagioli all'uccelletto - Cannellini OR Borlotti beans with tomato and sage (P)
Spinach with pine nuts and raisins OR with garlic and chilli (P)
Peppers sautéed OR slow roasted (with or without capers and/or olives) (P)
Sauté green beans in tomato sauce (P)
Sauté mushrooms with garlic and parsley (P)
Sauté broccoli OR broccoli and cauliflower OR griddled tenderstem broccoli w/chilli & garlic (P)
Marinated courgettes with rosemary, garlic and vinegar (P)
Concia – Roman Jewish specialty of deep fried courgettes, marinated with garlic, vinegar and basil (P)
Griddled courgettes OR aubergines with garlic and parsley (P)
Beetroot and orange carpaccio with rocket, feta and Asian dressing (D)
Carciofi alla giudia or in tegame – when in season (P)

Desserts

Honey, coffee and walnut cake (P)
Hazelnut and chocolate cake – flourless, butterless (P)
Chocolate & almond cake OR lemon and almond – both flourless (P)
No-bake cheesecake with amaretto, mascarpone and raspberries (D)
Lemon sponge (Torta di Nonna Bianca) (P or D)
Lime pavlova topped by fresh berries (P or D)
Tiramisu` (D)
Carrot and almond cake (P)
Chocolate, coffee and pine nut cake (P)
Spinach and almond cake (flourless) (P)
Apple cake £40 (P or D)
Chocolate mousse – orange OR orange & Cointreau OR coffee £40 (P)
Amaretto biscuits with lemon zest (P)
Flaked almond and pumpkin seed florentines – with or without chocolate drizzle (white or dark) (P or D)
Pizza ebraica (Traditional Roman Jewish fruit-cakes made with candied fruits, nuts and raisins) (P)
Safra – Libyan aromatic semolina dessert with honey, almond and orange glazing (P)
Jam tart (crostata) OR ricotta and chocolate OR Ricotta and sour cherry jam OR pear and almond (D)
Torta Susanna (rich chocolate cake with chocolate sauce) (D)
Lemon and poppy seed loaf (D)