

Da Forni

Ristorante Italiano

CHEF

IN TRAINING

COOKING CLASS



Contents

| | |
|-------------------------------------|--------------|
| Introduction..... | 2 |
| Seafood Saffron Risotto..... | 3-6 |
| Spinach Ravioli..... | 7-11 |
| Tiramisu..... | 12-15 |

Welcome

Cooking is an essential life skill that can be learnt any stage in life. Whether your just embarking on cooking for yourself or a young adult transforming into a budding chef, we'll teach you how to cook with confidence. The class is entirely hands on and taught in small groups, so you develop and practice with guidance from our expert chefs and produce your own meals that you can share with your family and friends.

You will learn fundamental skills such as chopping, slicing and dicing, get to know your brunoise to your batons and confidently use knives to make cooking easy. You will make a number of Authentic Italian dishes.

Enhance your cooking skill while having fun!



MAIN COURSE

Seafood Saffron Risotto

Risotto

Original characteristics

Typical Italian dish based on rice. Originally it comes from Piedmont, where rice is commonly grown. It is very important for the cuisine of Milan. Common ingredients of the base recipe are white wine, and onions.

Risotto in Italy is normally a first course served before the main course, but risotto alla milanese is often served with ossobuco alla milanese as a main course.



SERVINGS

2



PREPARATION

45 MINUTES



DIFFICULTY

7/10

Ingredients

| Pre-cooked Risotto | | Vegetable Stock | |
|--------------------|----------|-----------------|------|
| Olive Oil | 30g | Water | 4L |
| Chopped Onion | 10g | Carrot | 100g |
| Chopped Garlic | 10g | Celery | 100g |
| Rice Risotto | 210g | Onion | 100g |
| Butter | 20g | Leek | 50g |
| White Wine | 80ml | Zucchini | 50g |
| Vegetable stock | 500ml | Asparagus | 50g |
| Salt and Pepper | To taste | Tomato | 50g |
| Gremolata | | Seafood | |
| Lemon skin | 6g | Prawn | 75g |
| Parsley | 6g | Squid | 60g |
| Garlic | 2g | Clam | 110g |
| | | Mussel | 100g |
| Saffron | | | |
| Saffron | 2g | | |
| Hot water | 50ml | | |

Procedures

1. In a large saucepan over moderately low heat, warm the olive oil. Add 1 tablespoon of the butter and the garlic & onion, and sauté, stirring occasionally, until tender (there should be no color), about 1 minutes. Add the risotto rice and toast lightly for 1 minute without letting the rice or onion take on any color.
2. Add the white wine and cook until almost completely absorbed. Add the vegetable stock and bring to a simmer. Cook the risotto, stirring occasionally, until the rice has absorbed some of the liquid, about 4 minutes.
3. Add the clams, mussels, squid, and prawn (cooked) and continue cooking, stirring occasionally, until the rice is al dente or cooked as your favorite about 6 minutes more.
4. Remove the risotto from the heat and add the parsley chopped, olive oil, parmesan cheese, and the remaining 1 tablespoons butter. Stir well to release the starches and make the risotto creamy. Season to taste with salt, pepper and last minute with gremolata, and serve immediately.

Notes

Osteria

Ristorante Italiano



MAIN COURSE

Goat Cheese, Walnut and Spinach Ravioli with Tomato Sauce

Ravioli

Original characteristics

Ravioli are a type of pasta comprising a filling enveloped in thin pasta dough. Usually served in broth or with a sauce, they originated as a traditional food in Italian cuisine. Ravioli are commonly square, though other forms are also used, including circular and semi-circular.

Traditionally, ravioli are made at home. The filling varies according to the area where they are prepared. In Rome and Latium the filling is made with ricotta cheese, spinach, nutmeg and black pepper. In Sardinia, ravioli are filled with ricotta and grated lemon rind.

Modern ravioli are also mass-produced by machine



SERVINGS

2



PREPARATION

45 MINUTES



DIFFICULTY

8/10

Ingredients

Ravioli Dough

| | |
|----------|------|
| Flour | 200g |
| Egg yolk | 7pcs |

Ravioli Filling

| | |
|-----------------|----------|
| Goat cheese | 100g |
| Spinach | 100g |
| Walnut | 20g |
| Nutmeg | 1g |
| Salt and Pepper | to taste |
| Parmesan cheese | 10g |

Tomato Sauce

| | |
|----------------|-----|
| Oil olive | 20g |
| Chopped Garlic | 20g |
| Chopped Onion | 50g |
| peeled Tomato | 60g |
| Basil fresh | 3g |
| Pepper | 1g |
| Salt | 5g |

Procedures

How to make ravioli dough

In a bowl, combine flour and egg-yolk mixture together and mix until well incorporated Sprinkle some flour over working surface and over your hands (The dough should not be too wet or too sticky and It should not be too dry, either) And roll it through the pasta machine, 2 or 3 times, at its widest setting. Guide the sheet of dough with the palm of your hand as it emerges from the rollers. *Reduce the setting and crank the Dough through again, 2 or 3 times. Continue until the machine is at its narrowest setting. The dough should be paper-thin, about 1/8-inch thick.

How to make ravioli

Heat a nonstick skillet over medium heat until hot. Drizzle in the olive oil and garlic and cook, stirring, until fragrant, about 30 seconds. Add the spinach in batches, stirring to wilt, and cook until wilted and no longer see any liquid in the skillet, 5 to 7 minutes. After that removed from the heat and chopped set aside. Add the goat cheese, Parmesan, walnut chopped basil and parsley. Stir together until thick and creamy. Scoop the filling into a medium bowl.

How to make tomato sauce

Put the olive oil in a pot over medium heat. Add the diced onion and the garlic cloves and bay leaves sautéed until the onion is clear. Add the tomatoes, basil and sea salt, pepper and simmer for 30minutes. Remove from heat and taste. Serve with pasta or pizzas and enjoy.

Notes

De Forni
Ristorante Italiano



DESSERT

Classic Tiramisu

Tiramisù

Original characteristics

Traditional tiramisu contains a short list of ingredients: finger biscuits, egg yolks, sugar, coffee, mascarpone cheese, cocoa powder and sometimes liquor.

Tiramisu is a classic no-bake Italian dessert combining espresso-dipped ladyfingers and a creamy lightly sweetened mascarpone cream. Now if you're going to make tiramisu, you have to use the QUEEN OF CAKE's recipe! It's an important dessert for an important event. With the inclusion of espresso and alcohol, tiramisu is an adult dessert.



SERVINGS

2



PREPARATION

30 MINUTES



DIFFICULTY

6/10

Ingredients

| | | | |
|-------------------------|-------|----------------------|------|
| Classic Tiramisu | | 2 Lady Finger | |
| Whipping | 230ml | Egg white | 4pcs |
| Sugar | 50g | Sugar | 125g |
| Cheese Mascarpone | 250g | Egg yolk | 4pcs |
| Coffee Espresso | 100ml | Cake Flour | 125g |

Procedures

Lady Finger

1. Whisk the egg white to be get foam and then keep in the chiller
2. Mix egg yolk and sugar until creamy
3. Mix all together egg yolk and sugar with egg white and cake flour slowly
4. Sprinkle the Icing sugar before back. Back in oven 170 temperature and 15 minutes

Tiramisu

6. Wisp Cream and Sugar until get foam
7. When the cream and sugar get foam. Mix slowly with Cheese Mascarpone and 15 minutes

Preparation on the plate

- 8.Do layer on the plate with the Tiramisu, Lady finger and then sprinkle Cacao powder decoration mint leave.

Note Dip the Lady Finger with the coffee

The original shape of the cake is round, although the shape of the biscuits also allows the use of a rectangular or square pan. However, it is often assembled in round glasses, which show the various layers, or pyramid. Modern versions can have the addition of whipped cream or whipped egg, or both, combined with mascarpone cream. This makes the dish lighter, thick and foamy. Among the most common alcoholic changes includes the addition of Marsala. The cake is usually eaten cold.

Notes

Oferni
Ristorante Italiano



SOFITEL PHNOM PENH PHOKEETHRA

26 OLD AUGUST SITE - SOTHEAROS BOULEVARD - 12301, PHNOM PENH, CAMBODIA
TEL. +855 (0) 23 999 200 - H6526@SOFITEL.COM
WWW.SOFITEL-PHNOMPENH-PHOKEETHRA.COM

