



Ciara's Kitchen



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ITALIAN
SATURDAY 20TH NOVEMBER 2021 5-6pm

TOMATO BRUSCHETTA
CACIO E PEPE
BEEF TAGLIATA WITH GNOCCHI
VANILLA PANNA COTTA WITH RASPBERRY COULIS

Please note:

- Please log in approx. 5 minutes before the start time so that we can ensure that everyone can see and hear. A lot of the sound and vision will depend on your device so have your volume & brightness turned up & make sure you sit in an area with good internet reception.
- Everyone is muted to minimize any background noise. Please use the chat room to ask any questions.
- If you have any beforehand regarding ingredients and substitutes etc. call me 086 384 8148. If you have any problems joining in once I have started you can call Ronan on 0878104354.
- At the end I will unmute everyone for a chat. You don't need to stay for this. You may want to go & eat!

If you are cooking along, please read:

- Please read through the recipes that you are cooking beforehand.
- Please check your ingredients if you have an allergy to consider.
- Below I have included 'my order of work' so this will help you follow me.
- **Have everything prepared as per ingredient list if you are cooking along. Everything that is in bold text should be prepared in advance.**
- Have any equipment & serving dishes to hand.
- Preheat the oven to 200 degrees / 180 degrees fan.

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Order of Work:

Oven 200 / 180
Make the panna cottas
Make the coulis
Both into fridge
Slice bread for bruschetta
Brush with oil
Oven 10 mins
Make bruschetta mix
Remove bread from oven
Arrange salad leaves and tomatoes on platter or plates
Make the dressing
Boil the gnocchi
Cook spaghetti
Drain gnocchi and allow dry
Remove steaks from the fridge – oil S&P
Heat frying pan for spaghetti
Add butter
When butter melts add black pepper
Heat grill pan for steaks
Reserve 200ml of the spaghetti cooking water
Drain spaghetti
Add spaghetti to butter and black pepper with 100ml of the reserved cooking water
Add steaks to grill pan
Heat another pan and add oil and butter
Fry gnocchi
Turn steaks
Add parmesan to the spaghetti
Turn off steaks and rest
Assemble bruschetta and serve
Assemble tagliata and serve
Serve spaghetti



TOMATO BRUSCHETTA – serves 4

Everyone loves a good tomato bruschetta. Simple and yet elegant enough to serve to guests or for an occasion. I jazz up the presentation by adding some sweet drop red peppers. These are tiny little red peppers that come in a jar. Don't worry if you can't find them. It's still just as lovely without them.

1 loaf of good crusty white bread
2 tablespoons olive oil **or** spray olive oil
6 ripe vine tomatoes
2 cloves garlic
1 tablespoon extra virgin olive oil
1 teaspoon balsamic vinegar
Small bunch fresh basil leaves – keep a few back to garnish your finished dish
Sea salt
Sweet drop red peppers (optional – I got some in a jar in Aldi)

Essential Equipment:

Chopping Knife & chopping board
Bread knife
Teaspoon
Medium sized bowl
Grater for garlic (optional)
Measuring spoons – don't worry if you don't have them!
Baking tray
Small ramekin or bowl for oil and a Pastry brush (unless you are using spray oil)
Serving plates

1. Preheat oven to 200 degrees / 180 fan.
2. Slice the bread at an angle. You will need about 2 slices per person.
3. Place on a baking tray. Brush or spray with some olive oil.
4. Place in the oven for 10 minutes.
5. Deseed the tomatoes, by cutting them in half and scooping out the seeds with a teaspoon.
6. Dice the flesh and place in a bowl.
7. Peel and finely chop or grate the garlic. Add to the tomatoes.
8. Add the extra virgin olive oil and balsamic vinegar to the bowl and stir well.
9. Slice the basil leaves and stir through the tomatoes.
10. Just before you are ready to serve stir through some salt.
11. Remove the bread from the oven and place a slice or two on each plate and spoon some of the tomato mixture on top of each slice.
12. Garnish with some basil leaves and some sweet drop red peppers if using.



CACIO E PEPE – serves 4 for starter or 2 for main

If you haven't made this before then give it a go. If you have made it then I probably don't need to convince you to cook it again. It is so tasty and so easy with just a few ingredients. It's like a light carbonara. One of my faves!

250g spaghetti

30g butter

1 heaped teaspoon of freshly ground black pepper (**do this beforehand**)

50g parmesan, **grated *plus some shavings to serve***

Salt & freshly ground black pepper

Essential Equipment:

Knife & chopping board

Big pot

Colander

Large frying pan or wok

Spatula

Measuring jug

Grater for parmesan

Vegetable peeled to make shavings of parmesan

Serving plates / bowls

1. Cook the pasta in a big pot of boiling salted water for a minute less than the pack says.
2. Just before the pasta is ready heat the frying pan or wok and add the butter.
3. When the butter has melted add the black pepper and fry for a minute or two.
4. Reserve about 200ml of the pasta water. Then drain the pasta and add to the frying pan with the butter and black pepper along with 100ml of the reserved cooking water. Toss briefly and then scatter over the parmesan and wait for about 30-40 seconds before stirring.
5. Add some more water to loosen if necessary.
6. Serve with some shavings of parmesan and another grinding of black pepper.



BEEF TAGLIATA WITH GNOCCHI – Serves 2 – 4

Simple & delicious. This will definitely be repeated in the Fennessy household over and over. Clean plate all round!! It is so quick & so easy but the flavours combine so well together. Give it a go. You will not be disappointed. Try and search for fresh Tarragon leaves as they make the world of difference. Dunnes sell the fresh herb or local delis such as The Delgany grocer near me.

400g bag of fresh potato gnocchi (usually beside the fresh pasta in supermarkets)
2 x large sirloin steaks
2 tablespoons olive oil
10g knob of butter
5 tablespoon of extra virgin olive oil
2 tablespoons balsamic vinegar
Juice of half a lemon
Small bunch of fresh Tarragon leaves
Small bunch of fresh Flat leaf parsley
Bag of mixed salad leaves
6 good big ripe tomatoes
Parmesan

Essential Equipment:

Knife & chopping board
Small pot
Colander
Individual serving plates or platter
Jam jar
Griddle pan (a regular frying pan will do if you don't have a griddle pan)
Frying pan
Spatula
Vegetable peeler for parmesan shavings
Serving platter or plates

1. Remove the steaks from the fridge about 10 minutes before you want to cook them.
2. Boil a pot of water for the gnocchi.
3. Arrange salad leaves on platter or individual serving plates.
4. Add the gnocchi to the boiling water and cook as per pack instructions, usually 2-3 minutes. Then drain well and allow to steam dry for a short while. (They can be prepared in advance and then fried to reheat.)
5. Make the dressing by mixing the extra virgin olive oil, balsamic vinegar and lemon juice together in a jam jar. Roughly chop half the parsley and half the tarragon and add to the jar with some sea salt & freshly ground black pepper and shake again to mix.
6. Heat a griddle pan to hot.



7. Drizzle a tablespoon of olive oil over the steaks and season with some sea salt & freshly ground black pepper.
8. Fry for 2-3 minutes on each side or to your liking.
9. Turn off the heat and leave to rest for 5 minutes or so before slicing.
10. Meanwhile heat another frying pan. Add another tablespoon of olive oil and the butter. Allow the butter to melt and then add the gnocchi and fry until golden.
11. Cut the tomatoes into wedges and add to the plates of salad leaves.
12. Scatter over the fried gnocchi and the slices of steak.
13. Pour over the dressing.
14. Chop the remaining herbs and scatter over.
15. Make shavings of parmesan with the vegetable peeler and scatter over and serve.



VANILLA PANNA COTTA WITH RASPBERRY COULIS – serves 4

This will take about 3-4 hours to set unfortunately but it is worth the wait!!

2 ½ sheets of gelatine
150ml milk
400ml double cream
60g caster sugar
2 teaspoons vanilla bean paste
To serve – a few raspberries and raspberry coulis

Raspberry Coulis

250g raspberries
3 tablespoons caster sugar

Essential Equipment:

2 x Small bowls
Scales
Small pot
Wooden spoon
4 ramekins or cups
Sharp knife
Plate
Sieve
Serving plates

1. Fill a small bowl with cold water. Add the gelatine leaves and leave to sit for 5 minutes.
2. Meanwhile add the milk, cream, sugar and vanilla bean paste to a small pot. Stir well. Bring to a simmer and then turn off the heat.
3. After 5 minutes take the gelatine out of the cold water and squeeze it to remove any excess water.
4. Then add it to the hot mix in the pot and stir until it has dissolved.
5. Pour into four ramekins or small cups and place in the fridge to set for at least a couple of hours.
6. Make the coulis by mashing the raspberries and sugar together on a plate. Then pour it through a sieve into a small bowl and discard the seeds.
7. Turn each ramekin up-side down on your serving plates. If it doesn't come out easily loosen the edges with a sharp knife and dip the ramekin into a small bowl of hot water for a moment to loosen it.
8. Serve with some fresh raspberries and a drizzling of the coulis.



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In 2012, Ciara established Ciara's Kitchen, a small but busy cooking school in beautiful Co. Wicklow. Here she runs in-house cooking demonstrations all year round covering a wide range of topics.

Since March 2020 Ciara has had to pivot her in-person demos to online. Most attendees cook along although there is no pressure to do so. Some prefer to watch and cook later at their own pace. Ciara has an approachable teaching and cooking style and instills confidence in everyone's ability to make delicious, tasty and nutritious meals. The main goal is to teach people of all levels how to cook different dishes and to inspire them to try and taste new ingredients all while having fun.

Ciara offers online classes every Saturday afternoon as well as teens and kid's online classes during school holidays or during lockdowns. Corporate, transition year groups and private group bookings are also available. Recipes and zoom invites are emailed the Wednesday before each class.

Recordings are available if the 'live' time does not suit. €20 for one demo

'Junior Chefs' Watch Anytime Camp! (No Expiry on Recordings) – Could be a nice gift idea! – vouchers available

Now available to buy online <https://ciaraskitchen.ie/watchanytimekidscamp/>

Pre-recorded kids camp with all new recipes €50. This will allow your children to watch them anytime and keep them forever to watch over and over again! 5 x 1 hour segments including baking & school lunches. More info www.ciaraskitchen.ie/demos

Tuesday 7th Dec 6-7pm Christmas Starters & Desserts –

Most of us find the turkey and ham no bother. A bit of a chore and timings to be worked out etc... Anyway every year I get asked for starter & dessert ideas so included in this class will be some of my favourite recipes for Christmas Starters & Desserts.

Tuesday 14th Dec 6-7pm Making the most of your Leftovers –

This will be a repeat of last year's online class. If you would like to cook-along we will use a roast chicken (either a bought rotisserie or leftover roast chicken) and some ham (either some chopped sliced ham or some diced boiled ham). Some may rather buy the recording and have it to hand for the days after Christmas when you get tired of turkey and ham sandwiches.

Menu:

Pea & Ham Soup

Christmas Quesadillas with Turkey, Brie & Jalapenos

A Fabulous Chinese Turkey Curry

Pad Thai Turkey Noodles



Friday 7th Jan 5-6pm Teens & Tweens (1)

Let your teens loose in the kitchen!! It's so important to give them the gift of being able to cook. They'll enjoy this hour and be proud of the dinner they produce! I'll also try to convince them to clean up! Give yourself a break from cooking and sign your tween / teen up to this class.

Sunday 9th Jan 1-2pm Parents / Grandparents & Child / Grandchild

This is aimed at younger kids who need help in the kitchen so perfect for a parent or grandparent to cook with their children or grandchildren and to pass on a love for cooking.

Tuesday 11th Jan 6-7pm Healthy Family Meals

Its January so it's time to start thinking of healthier options to get us all back on track after the festive period! I will cook 3 happy healthy meals that the whole family will enjoy during this one hour online class.

Saturday 22nd Jan 5-6pm Spanish Food

We always think of Tapas when we think of Spanish Food but there are a whole lot more mouth-watering dishes from this country. You will feel like you're on holidays while eating this food. Perfect for a cold January evening!

Tuesday 25th Jan 6-7pm Speedy Suppers

We all love a quick dinner. Some only take minutes to prepare! A few tips and tricks will be thrown in here. No one will ever know how little time you put in to making these dinners!

Saturday 5th Feb 5-6pm – Food from Paris

Some modern French cuisine using ideas I picked up while travelling. I always like trying new dishes and picking up some inspiration along the way and then developing the recipes for an Irish audience using accessible ingredients. There will be no frogs legs or snails. I promise!! Just some tasty modern French dishes.

Tuesday 8th Feb 6-7pm – Beginners in the Kitchen

This is for those people who can just about boil an egg! I will make a few back to basic dishes. We will do all the prep together and cook at a nice slow pace. Perfect for young & old!

Saturday 19th Feb 5-6pm – Curries

Perfect comfort food for these cold evenings. Some old classic curries recreated and some new ideas too!

Sunday 20th Feb 1-2pm - Parents / Grandparents & Child / Grandchild

This is aimed at younger kids who need help in the kitchen so perfect for a parent or grandparent to cook with their children or grandchildren and to pass on a love for cooking.



Tuesday 22nd Feb 6-7pm Sushi (Repeat)

A repeat of the class in October 2021. During this demo I plan to demonstrate how to make sushi rice to use then in 'Maki Rolls' and 'Inside Out Rolls'. For these rolls I plan on using a mixture of vegetables (cucumber, avocado), smoked salmon and cooked prawns. I will also prepare some sashimi using raw high quality tuna and organic salmon. We will serve all our sushi with soy sauce, pickled ginger and wasabi.

Friday 25th Feb 5-6pm Teens & Tweens (2)

Let your teens loose in the kitchen!! It's so important to give them the gift of being able to cook. They'll enjoy this hour and be proud of the dinner they produce! I'll also try to convince them to clean up! Give yourself a break from cooking and sign your tween / teen up to this class.

Tuesday 8th Mar 6-7pm Simple Fish Suppers

I love cooking Fish and am so happy that my family love fish. I know a lot of people worry about cooking fish so we will prepare some lovely easy fish suppers together. Good food does not need to be complicated!

Friday 11th Mar 5-6pm Teens & Tweens (3)

Let your teens loose in the kitchen!! It's so important to give them the gift of being able to cook. They'll enjoy this hour and be proud of the dinner they produce! I'll also try to convince them to clean up! Give yourself a break from cooking and sign your tween / teen up to this class.

Saturday 12th Mar 5-6pm Modern Irish Cooking

Irish food has come along way even since I was a child! Some of my favourite recipes ever are Irish. I will prepare some lovely Irish dishes here just in time for St. Patricks Day!

Tuesday 22nd Mar 6-7pm Vegan / Vegetarian

A nice mix of vegan & vegetarian for this online class. We eat a lot of vegetarian food here and so I always look forward to these vegetarian classes. Full of goodness but not slacking on taste!

Saturday 26th Mar 5-6pm Easy Entertaining

The weather is getting finer and we are looking forward to brighter days ahead. This entertaining menu will be easy yet impressive and can mostly be prepared before your guests arrive allowing you time to enjoy their company.

GIFT VOUCHERS AVAILABLE FOR ALL ONLINE COOKING CLASSES

For more info please contact Ciara directly or log onto www.ciaraskitchen.ie/demos