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PASTA CAMP!



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CREAMY MUSHROOM FETTUCINE



INGREDIENTS

Pasta Dough (per person)

- 1/2 cup + 2 tbsp flour
- 1/2 tsp Salt
- 1 tsp olive oil
- 1 egg
- parmesan shaker, to taste

Mushroom Sauce:

- 1 small onion, diced
- 2 tbsp butter
- sliced button mushrooms, to taste
- 2 cloves garlic
- 1 tbsp olive oil
- Italian seasoning, to taste
- 1.5 cup vegetable broth
- 1/2 cup heavy cream
- cornstarch, as needed

DIRECTIONS

- Use a fork to gently mix together flour and salt. Create a well in the center of bowl.
- Crack eggs into well, add in 1 tsp of olive oil per person, & scramble before folding dry ingredients into the mixture.
- Use hands to roll dough into a ball. If dough is too sticky, add in a spoonful of flour & knead for ~10 minutes until the dough is soft and springy.
- Cover dough & set aside to rise for ~30 minutes.
- Finely dice onions & mushrooms. Mince the garlic cloves and set aside.
- To make the sauce, melt 2 tbsp butter in skillet over medium high heat, add olive oil, 1 diced onion, mushrooms and Italian seasoning.
- Sautee until softened and slightly caramelized then add garlic and cook for 1 minute.
- Reduce heat to a low simmer & add broth and cream to skillet.
- If sauce is too runny, slowly add in cornstarch/broth mixture until thickened.
- To finish the pasta: sprinkle flour across a cutting board, and using a rolling pin, firmly roll in long motions until dough is a thin, long rectangle.
- When dough is rolled large and thin, use a knife to cut into long, thin noodles.
- Boil a pot of water and cook noodles for 3-4 minutes.
- Strain and add noodles to sauce. Stir gently until coated.
- Serve with optional parmesan cheese & chopped salad



CHOPPED SALAD

INGREDIENTS

Dressing:

- 4 tbsp olive oil
- 4 tsp red wine vinegar
- pinch salt

Salad (serves 4):

- 2 romaine lettuce hearts
- 1/3 can of sliced black olives
- 1/2 cucumber
- 4 pepperoncini peppers
- 1 cup cherry tomatoes
- 1/4 red onion, sliced
- 1/2 cup of shredded mozzarella cheese

DIRECTIONS



- Wash all produce.
- Chop lettuce and place into a large salad bowl.
- Chop cucumbers, tomatoes, and onion and add to bowl over lettuce.
- Drain peppers & olives and place into salad bowl.
- For the dressing, mix 4 tbsp of olive oil & 4 tsp red wine vinegar into a small bowl, add salt to taste. Set aside.
- Toss salad & add dressing right before serving to prevent the veggies and lettuce from getting soggy.
- Sprinkle mozzarella cheese over salad.



BOWTIES WITH PRIMAVERA SAUCE

INGREDIENTS

Pasta Dough (per person)

- 1/2 cup + 2 tbsp flour
- 1/2 tsp Salt
- 1 tsp olive oil
- 1 egg

Primavera Sauce:

- 2 tbsp olive oil
- 1 pint cherry tomatoes
- 1 large zucchini
- 1 red bell pepper
- 1/2 cup parmesan
- 1/2 cup reserved pasta water
- Salt & pepper to taste

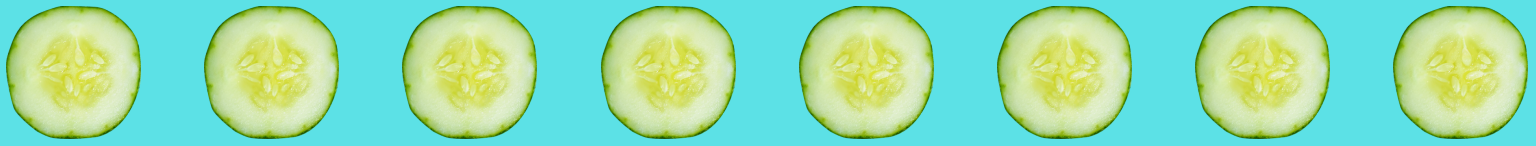


DIRECTIONS

- Use a fork to gently mix together flour and salt. Create a well in the center of bowl.
- Crack eggs into well, add in 1 tsp of olive oil per person, & scramble together with a fork.
- Roll dough into a ball. If dough is too sticky, add in a spoonful of flour & knead for ~10 minutes until the dough is soft and springy.
- Cover dough & set aside to rise for ~30 minutes.
- Dice zucchini, pepper, and cherry tomatoes.
- Heat skillet to medium/high, add in olive oil & diced veggies. Season with salt and pepper & cook until softened and slightly caramelized.
- Keep the skillet on very low, add water if needed to prevent from sticking. Veggies should be very soft.
- Heat 3/4 cup of salted water and bring to a boil.
- To finish making the pasta, sprinkle flour across a cutting board, and using a rolling pin, firmly roll in long motions until dough is a thin, long rectangle.
- Use a knife to cut into squares. Using slightly wet fingers to pinch the middle of the square together to create a bowtie.
- Once the water is boiling, cook noodles for 3-4 minutes.
- Strain and add noodles to skillet with veggies. Add 1/2 cup pasta water.
- Stir gently with Parmesan cheese until coated and well thickened.
- Serve with cucumber salad.



CUCUMBER SALAD



INGREDIENTS

Serves 4:

- 1 large cucumber
- 1 lemon
- 4 tbsp mayo
- 4 tbsp sour cream
- 4 sprigs fresh dill
- salt to taste

DIRECTIONS

- Rinse cucumber and lemon.
- Thinly slice the cucumber and place into a medium bowl.
- Finely cut dill and add to small bowl.
- Measure the mayo and sour cream into the bowl with dill.
- Cut lemon into fourths and squeeze a quarter lemon juice into the small bowl. Add salt to taste and mix well
- Add to cucumbers and stir until they are fully coated in the dressing.



LASAGNA SOUP

INGREDIENTS

Pasta Dough (per person)

- 1/2 cup + 2 tbsp flour
- 1/2 tsp Salt
- 1 tsp olive oil
- 1 egg

DIRECTIONS

Soup:

- 1 onion, diced
- 1, 15 oz can fire roasted diced tomatoes
- 1, 15 oz can crushed tomatoes
- 6 cups vegetable broth
- salt & pepper to taste
- Italian seasoning to taste
- Spinach
- Optional: shredded mozzarella, parmesan, and ricotta cheese (spoonful on top)

- Use a fork to gently mix together flour and salt. Create a well in the center of bowl.
- Crack eggs into well, add in 1 tsp of olive oil per person, and scramble with a fork.
- Use hands to roll dough into a ball. If dough is too sticky, add in a spoonful of flour & knead for ~10 minutes until the dough is soft and springy.
- Cover dough and set aside to rise for ~30 minutes.
- Dice onion and spinach. Set aside.
- Heat large pot to medium/high, add in olive oil and onions. Cook until softened and slightly browned (~10 minutes).
- Add in salt and Italian seasoning.
- Pour in vegetable broth, diced tomatoes, and crushed tomatoes. Put lid on pot & let simmer for at least an hour.
- To finish the pasta: sprinkle flour across a cutting board and using a rolling pin, firmly roll in long motions until dough is a thin, long rectangle.
- Use a knife to cut wide, short noodles.
- Add lasagna noodles and spinach into soup and bring to a boil for about 5 minutes.
- Return to low heat & season as needed.
- Serve with optional shredded mozzarella, parmesan and ricotta cheese & caesar salad.



CAESAR SALAD

INGREDIENTS

Serves 4:

- 2 romaine lettuce hearts

Dressing:

- 1/2 cup mayo
- 1 tsp garlic powder
- juice of 1/4 lemon
- 1 tsp dijon mustard
- 4 tsp grated parmesan cheese
- salt to taste

DIRECTIONS

- Wash lettuce and roughly chop. Place into large salad bowl.
- For the dressing: mix mayo, dijon mustard, lemon juice, garlic powder and parmesan cheese in a small bowl.
- Add salt to taste and add over lettuce.
- Toss salad and serve.



PUMKIN ALFREDO



INGREDIENTS

Pasta Dough (per person)

- 1/2 cup + 2 tbsp flour
- 1/2 tsp Salt
- 1 tbsp pumpkin puree
- 1 egg

DIRECTIONS

Sauce:

- 6 tbsp butter
- 3 cups heavy cream
- 1.5 cups parmesan cheese
- 4 cloves garlic
- Salt & pepper to taste
- 1 box fresh spinach

- Use a fork to gently mix together flour and salt. Create a well in the center of bowl.
- Crack eggs into well, add in 1 tbsp of pumpkin puree and scramble with a fork.
- Roll dough into a ball. If dough is too sticky, add in a spoonful of flour & knead for ~10 minutes until the dough is soft and springy.
- Cover dough & set aside to rise for ~30 minutes.
- Slice spinach and finely mince the garlic. Set aside.
- Heat large pot to medium/high, add in butter & garlic. Cook until butter is melted. Add in cream, salt and pepper, and bring to a simmer. Turn heat down to low/medium.
- Add the parmesan slowly, stirring constantly as sauce thickens. If sauce is still very runny, continue to cook on low/medium heat.
- To finish the pasta: sprinkle flour across a cutting board and using a rolling pin, firmly roll in long motions until dough is a thin, long rectangle.
- When dough is rolled large & thin, use a knife to cut long noodles (fettuccine).
- Add the spinach and cook until wilted. If sauce is too thick, add more cream (or water).
- Boil a pot of water and cook noodles for 3-4 minutes. Strain & add noodles to the sauce & stir gently until coated & thickened.
- Serve with garden salad.



GARDEN SALAD

INGREDIENTS

- Spring mix box
- 2 cucumbers
- 1 pint cherry tomatoes
- 1 red onion
- 1 bag croutons
- 1 bag shredded cheddar cheese
- 1 bag matchstick/shredded carrots
- 1 bottle italian dressing

DIRECTIONS

- Wash vegetables well.
- Place spring mix into large salad bowl.
- Dice cucumbers, cherry tomatoes, and red onion to preferred size.
- Add to bowl with lettuce.
- Sprinkle carrots, croutons, and cheddar cheese over top.
- Toss salad and add dressing right before serving to prevent the veggies and lettuce from getting soggy.



3 CHEESE RAVIOLI

INGREDIENTS

Pasta Dough (per person)

- 1/2 cup + 2 tbsp flour
- 1/2 tsp Salt
- 1 tsp tomato paste
- 1 egg

Filling:

- 1, 32 oz whole milk ricotta
- 1, 8 oz bag shredded mozzarella
- 1 cup parmesan cheese
- 1 tsp salt
- Pepper

Sauce:

- jar of marinara sauce



DIRECTIONS

- Use a fork to gently mix together flour and salt. Create a well in the center of bowl.
- Crack eggs into well, add in 1 tsp of tomato paste per person, & scramble before folding dry ingredients into the mixture.
- Use hands to roll dough into a ball. If dough is too sticky, add in a spoonful of flour. If too dry, add 1 tsp of water & knead for ~10 minutes until the dough is soft and springy.
- Cover dough & set aside to rise for ~30 minutes.
- For the filling, add 32 oz ricotta, 8 oz shredded mozzarella (whole bag), 1 cup parmesan, 1 tsp salt and pepper to a large bowl. Mix until combined. Set aside.
- Sprinkle & spread flour across a cutting board, & using a rolling pin, firmly roll in long motions until dough is a thin, long rectangle.
- When dough is rolled large & thin, trim edges to make edges as straight as possible.
- Spoon filling along one half of their dough with two finger widths between each mound of filling.
- With slightly wet fingers, lightly “paint” water as an outline around each mound of filling. Fold over the top half of dough so that the edges meet.
- Starting from the MIDDLE ravioli, gently press down with fingertips to seal the pasta dough & push any air bubbles out to the side. Work your way to both ends of the dough. Then use a knife to cut each ravioli.
- Once the water is boiling, cook ravioli for 3-4 minutes.
- Strain and add cooked ravioli to bowl and top with marinara sauce.
- Serve with cobb salad & optional parmesan cheese.



COBB SALAD

INGREDIENTS

- 4 eggs
- 3 ripe avocados
- 3 heads iceberg lettuce
- 1 pint cherry tomatoes
- 1 small container blue cheese crumbles
- 1 oz container fresh chives
- 1 bottle ranch dressing

DIRECTIONS

- Heat a pot of water to boil and boil eggs for 10 minutes.
- Remove eggs from water and allow to cool.
- Dice avocados and cherry tomatoes and add to large bowl.
- Roughly chop lettuce, slice the fresh chives and add to the bowl.
- Once eggs are cooled, peel & cut into quarters.
- Add hardboiled eggs and blue cheese to the bowl.
- Toss salad & add dressing right before serving to prevent the veggies and lettuce from getting soggy.

