



WELCOME TO Ferguson Valley Escape Italian Cooking Retreat

31ST January – 2ND February

Run Sheet and Agenda

Agenda

WELCOME MEET & GREET
3

FRIDAY DINNER
4 & 5

SATURDAY'S AGENDA
6,7,8,9

SUNDAY'S AGENDA
10,11,12,13

FAREWELL & CHECKOUT
14



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FRIDAY ARRIVAL 3PM

Meet and Greet your fellow guests

Welcome drink on arrival

Join us for an Aperol Spritz!

Please BYO Italian wine for the event



Antipasto Share Plate

Cured meats, salamis, Italian cheeses, bread

- Tour of property, room assigning and settling in
- Getting acquainted with your fellow guests
- Soaking in the magic of Ferguson Valley Escape

The fun begins...

PIZZA MAKING CLASS - 6PM





6PM - Pizza Making Class

Traditional Tomato Sauce: (no cooking)

Ingredients;

14 oz (400g) can of crushed Italian tomatoes

3 Tbsp good quality extra virgin olive oil

1/2 tsp sea salt * grind pepper

a few pinches of dried oregano

2 or 3 leaves of fresh Italian basil, torn into small pieces
(optional: a clove of fresh garlic, minced)

Instructions

Pour the can of crushed Italian tomatoes into a bowl.
Add the rest of the ingredients and mix well.

Pizza Dough; *we use the Thermomix focaccia recipe but here's a traditional Italian dough

Ingredients

5 cups all purpose (or 00 flour) + some for dusting

1.5 tsp instant dry yeast (or active dry yeast)

1.5 tsp sea salt

2.25 cups COLD water

1 tbs extra virgin olive oil

Method; mix the flour, sea salt and yeast in Thermomix until all is incorporated, then add the COLD water, 1.5 tsp sea salt, 2.25 cups COLD water. Form into a dough, rub with oil and leave to prove in a bowl covered with a tea towel for an hour. Roll out on an oiled pizza stone and top.

Toppings;

Choose any toppings you like; salsicca, prosciutto, mozzarella, olives, anchovies, artichokes, grilled zucchini, roasted peppers, heirloom tomatoes, basil

Bake in Pizza oven or preheated oven and a semi high heat until the cheese bubbles and the base is cooked not burnt



**FRIDAY
NIGHT
Pizza
Making
Class
6PM**

**DINNER
Wood
Fired
Pizza's
7.30pm**



Saturday Agenda

- ❖ 8am Cooking Class Breakfast Frittata
- ❖ 9am Breakfast & Coffee
- ❖ 10am free time
- ❖ 11am – Pasta Making Course
- ❖ 1pm Lunch – We all sit down and enjoy your pasta making creations with wine tastings
- ❖ 2pm – free time
- ❖ 5PM Wine Tasting
- ❖ 6pm Cooking class –Saltimbocca
- ❖ 7.30pm Dinner + Dessert (pannacotta)



SATURDAY BREAKFAST 9AM

Italian Breakfast Frittata

Recipe: Whisk a dozen farm fresh eggs with salt and pepper & a touch of cream

In a pan, fry a red onion, 2 cloves crushed garlic, 1 sliced pepperoni, 1 diced red pepper, 1 diced zucchini, mushrooms & black olives & soften.

Season with S&P and place veggies in a roasting dish.

Top with slices of tomato, fresh basil and dot with goat's cheese, & sprinkle with mozzarella

Bake in oven 30 mins or until eggs are cooked through



Saturday Lunch + Pasta Making Class

RECIPE'S

1. CLASSIC CARBONARA SAUCE WITH SPAGHETTI (MADE WITH PANCETTA, EGGS, PARMESAN CHEESE AND PECORINO CHEESE)
2. PUMPKIN GNOCCHI IN A SAGE BUTTER SAUCE WITH BASIL PESTO AND PINENUTS
3. CRUSTY ROSEMARY AND ROCK SALE FOCCACIA



Panfried Pumpkin Gnocchi
in a fresh basil pesto sauce
with pinenuts, rocket and
pecorino



Recipe, Ingredients and Method

- Gnocchi Dough (serves 4 as a starter)
 - 300 g / 10oz fresh pumpkin, oven roasted or boiled then mashed
 - 1/2 cup ricotta, full fat
 - 1 1/4 cup plain flour (all-purpose flour), plus more for dusting
 - 1/3 cup parmesan cheese, finely grated
 - 1 egg
 - 1/4 tsp salt
 - Black pepper
- Mix together, roll out on floured surface, cut into strips, roll out into logs, cut into 2cm squares, press each square with a fork.
- Boil and when floating to the surface, remove and then panfry in butter, top with pesto, toasted pinenuts, rockets and fresh parmesan shavings
- Basil Pesto Sauce
 - 1 tsp olive oil
 - 2 cloves garlic
 - 1 -2 packets basil leaves
 - 1 packet pinenuts
 - 1 cup grated fresh Parmesan or pecorino
 - Salt and pepper to taste
- *you can add lemon zest and lemon juice for a zestier option
- Variation; Sage and butter sauce, add 125 gm butter to a pan, add handful sage leaves and brown, pour over pan-fried gnocchi

Traditional Carbonara

- **Ingredients (serves 4 entrée size)**

- 3 large free-range egg yolks
- 40g Parmesan cheese, plus extra to serve
- 1 x 150g piece of higher-welfare pancetta
- 200g dried spaghetti
- 1 clove of garlic
- extra virgin olive oil

- **Method**

- Put the egg yolks into a bowl, finely grate in the Parmesan, season with pepper, then mix well with a fork and put to one side. Chop pancetta into chunks. Cook the spaghetti in a large pan of boiling salted water until al dente. Peel the garlic, then crush with the palm of your hand, add it to the pan and leave it to flavour the fat for 1 minute. Stir in the pancetta, then cook for 4 minutes, or until it starts to crisp up. Add some of the pasta water, and add the spaghetti. Toss well over the heat so it really soaks up all that lovely flavour, then remove the pan from the heat.

- Add a splash of the cooking water and toss well, season with pepper, then pour in the egg mixture –Toss well, adding more cooking water until it's lovely and glossy.

- Serve with a grating of Parmesan and an extra twist of pepper



Saturday Cooking Class 6pm + Dinner 7.30pm

Menu Saltimbocca & Tiramisu

Here's what you need...



INSTRUCTIONS

1. Thinly slice veal or chicken cutlets & pound with meat mallet gently) to 1/4 inch thick.

Season the cutlets both sides, with the pepper. Top each with 2 sage leaves and 1 slice of the prosciutto, Cover with a piece of plastic wrap and gently pound the prosciutto into the veal so it sticks and holds down the sage.

Dip both sides of the veal cutlets & shake excess, set aside.

In a large pan over medium heat, add 1 tablespoon of the butter and the olive oil. Once butter sizzles, add the cutlets (prosciutto-side down) & fry in batches until the prosciutto is crisp, about 1 minute per side.

Transfer to a plate and cover with foil. Pour the white wine or masala into the pan, scraping up any brown bits from the bottom, and simmer until reduced by half its volume, about 30-45 seconds. Sprinkle with a pinch of salt and whisk in the remaining butter until the sauce is rich and glossy.

Arrange the cutlets on a platter prosciutto-side up, pour the sauce over the top, garnish with the remaining fresh sage leaves to taste, and serve with lemon wedges.



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SUNDAY AGENDA

We carry on with the cooking activities & free time

Take time to chill & relax & take time for yourself...

Then we have our lunch time cooking class and last supper!

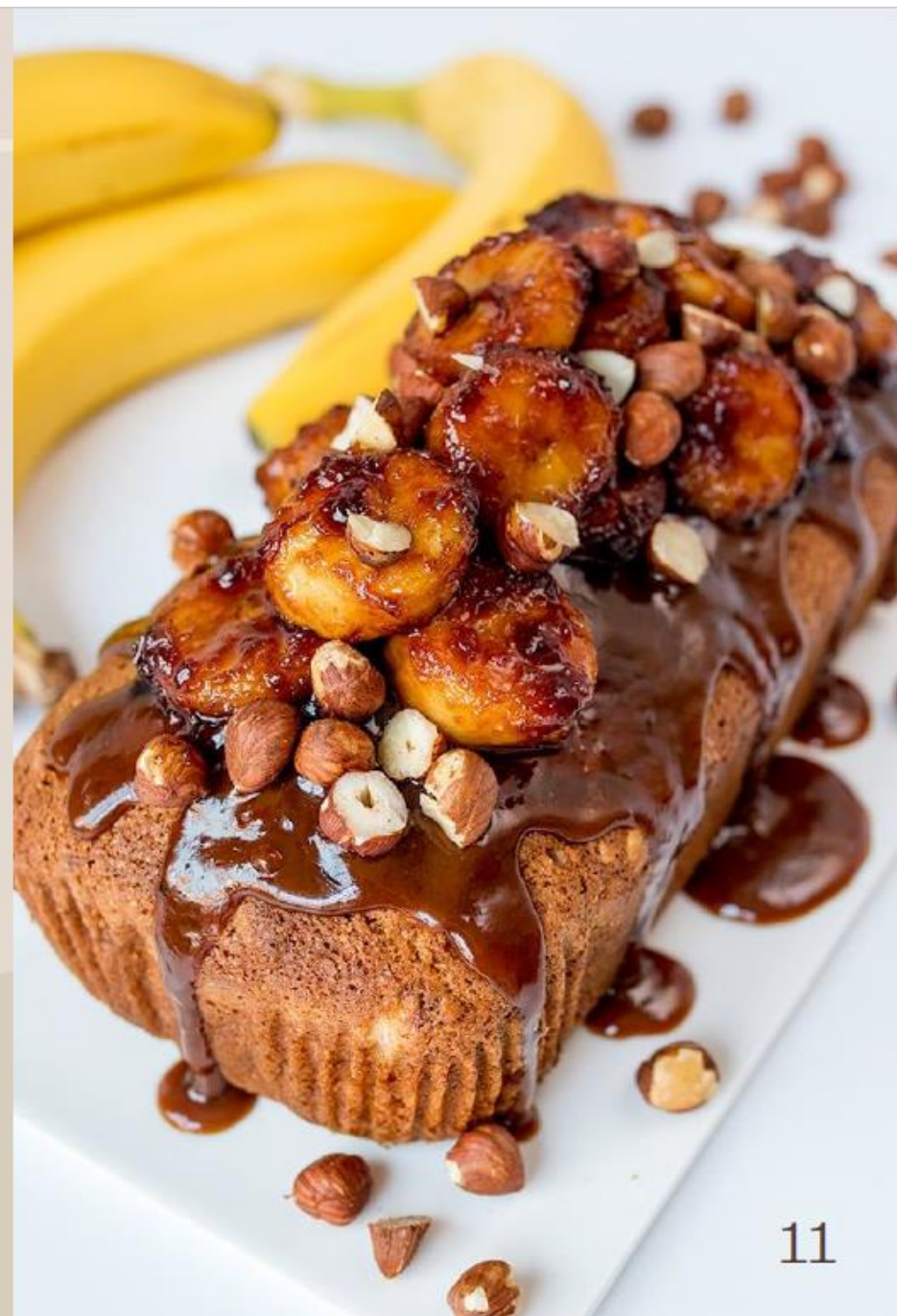
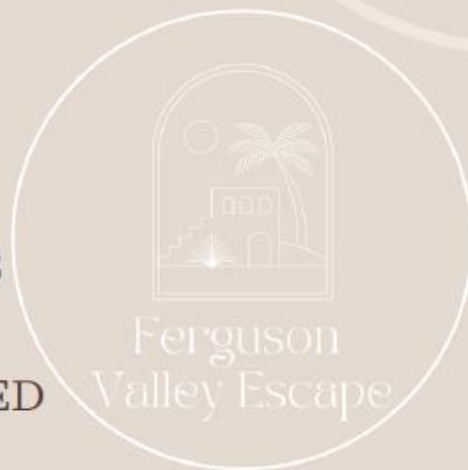
TIME	ACTIVITY	DURATION	OPTIONAL
8am Optional	Cooking Class	45 mins	✓ yes
9AM	Breakfast	60 MINS	
11AM	Cheese Making Course	3 hours	✓ yes
2PM	Lunch	2 HOURS	✓ yes
5pm	Check out		

9am - Sunday Breakfast

HOMEMADE BANANA BREAD TOPPED WITH CARAMELISED BANANAS

- 5-6 VERY RIPE BANANAS, PEELED & MASHED
- 100 GM'S SOFTENED BUTTER
- 1/2 TEASPOON BAKING SODA (NOT BAKING POWDER)
- 1 PINCH SALT
- 3/4 CUP (150G)
- 2 LARGE EGGS BEATEN
- 1 TEASPOON VANILLA EXTRACT
- GOOD PINCH CINNAMON
- 2 CUPS ALL-PURPOSE OR GF FLOUR
- ADD INGREDIENTS, MIX AND BAKE 180 DEGREES 45-60 MINS (CHECK AT 45 MINUTES)

TOSS BUTTER, BROWN SUGAR AND BANANAS IN A PAN & CARAMELIZE, SERVE OVER BANANA BREAD WITH A DOLLOP OF COCONUT YOGURT...YUM!!!



Cheese Making Course with Lucy and Gerri

CHEESES WE ARE MAKING:

- ❖ BAKED HOT RICOTTA
- ❖ MASCARPONE
OR MOZARELLA



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Dessert Tiramisu with Coffee & Masala

Ingredients (serves 8)



4 egg yolks - use extra-large eggs
½ cup + 2 tablespoons sugar
1 cup mascarpone cheese room temperature
1 ½ cups heavy whipping cream
1 cup very strong brewed coffee or espresso
4 tablespoons sweet Marsala wine
20 - 24 Savoyard or Ladyfinger biscuits
Cocoa powder or grated chocolate for the top

Method

Place the egg yolks, sugar, and Marsala in a large metal mixing bowl, and set it over a pot of simmering water.

Cook, whisking, until the mixture is pale, thick, and doubled in volume (about 5 minutes).

Remove from the heat, and whisk in the mascarpone.

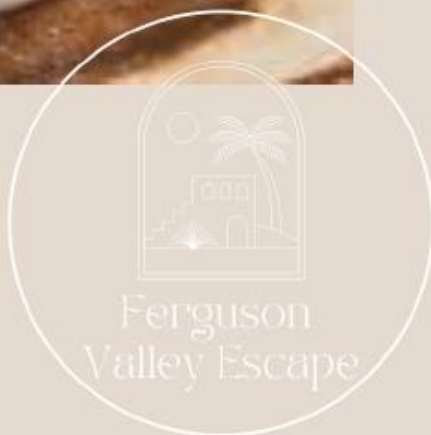
Whip the cream until it holds stiff peaks.

Fold the whipped cream into the mascarpone mixture. Set the filling aside.

Whisk the espresso, masala & sugar in a bowl

One at a time, dip the ladyfingers into the espresso mixture and arrange in an even layer in the bottom of a dish or glasses.

Spread half the filling over the ladyfingers, and repeat. Spread the rest of the filling on top, dust with cocoa powder, and refrigerate for 8 hours



The Last Supper...Lunch!

Sit down to our last lunch
and enjoy your pastas
along with some Italian
bread and wine!



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You are not leaving us...

You are leaving a part of
you with us...

And for us, we leave a part
of us with you...

Until we meet again...

Sasha & Marty Ott

WE WOULD LOVE YOU TO SHARE YOUR
JOURNEY WITH US...

PLEASE SHARE YOUR PHOTO'S, VIDEOS &
TESTIMONIALS WITH US

FOLLOW US ON INSTAGRAM

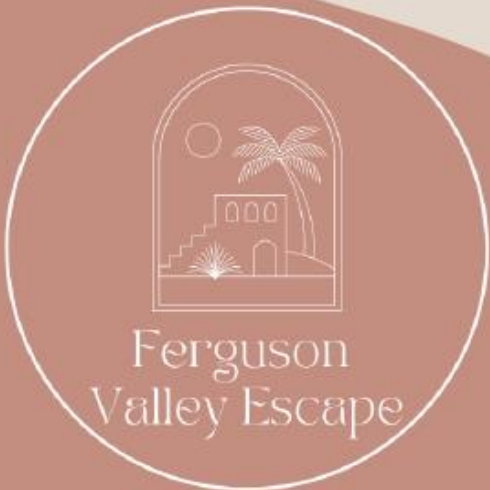
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Thank you

FOR CHOOSING FERGUSON VALLEY
ESCAPE ITALIAN COOKING RETREAT...

WE HOPE TO SEE YOU BACK AGAIN
SOON...

Ciao!

