



WELCOME TO
Ferguson Valley Escape
Italian Cooking Retreat

BUON APPETITO

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



Ferguson
Valley Escape

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



Crostini Aperitivo

The Fun, Food and Wine Begins...Let's Go!

- 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...

Risotto Making Class 6PM





Porcini, Parmesan & Truffle Risotto

Porcini, Parmesan & Truffle Risotto Recipe

Ingrediente:

- 1 tbsp butter
- 1 garlic clove , *minced*
- 2 eschalots / French onions (finely diced)
- Mushrooms (Fresh & dried Porcini)
- 1/4 cup dry white wine (*Note 2*)
- 1 1/4 cups arborio rice , *uncooked*
- 5 cups chicken broth/stock , *low sodium, warm (Note 3)*

- **FINISHES:**
- 1/2 cup cream , *optional but recommended (Note 4)*
- 2 tbsp (30g) butter , *optional (Note 4)*
- 1/2 cup parmesan cheese & *goats cheese*
- salt and pepper & *truffle oil*

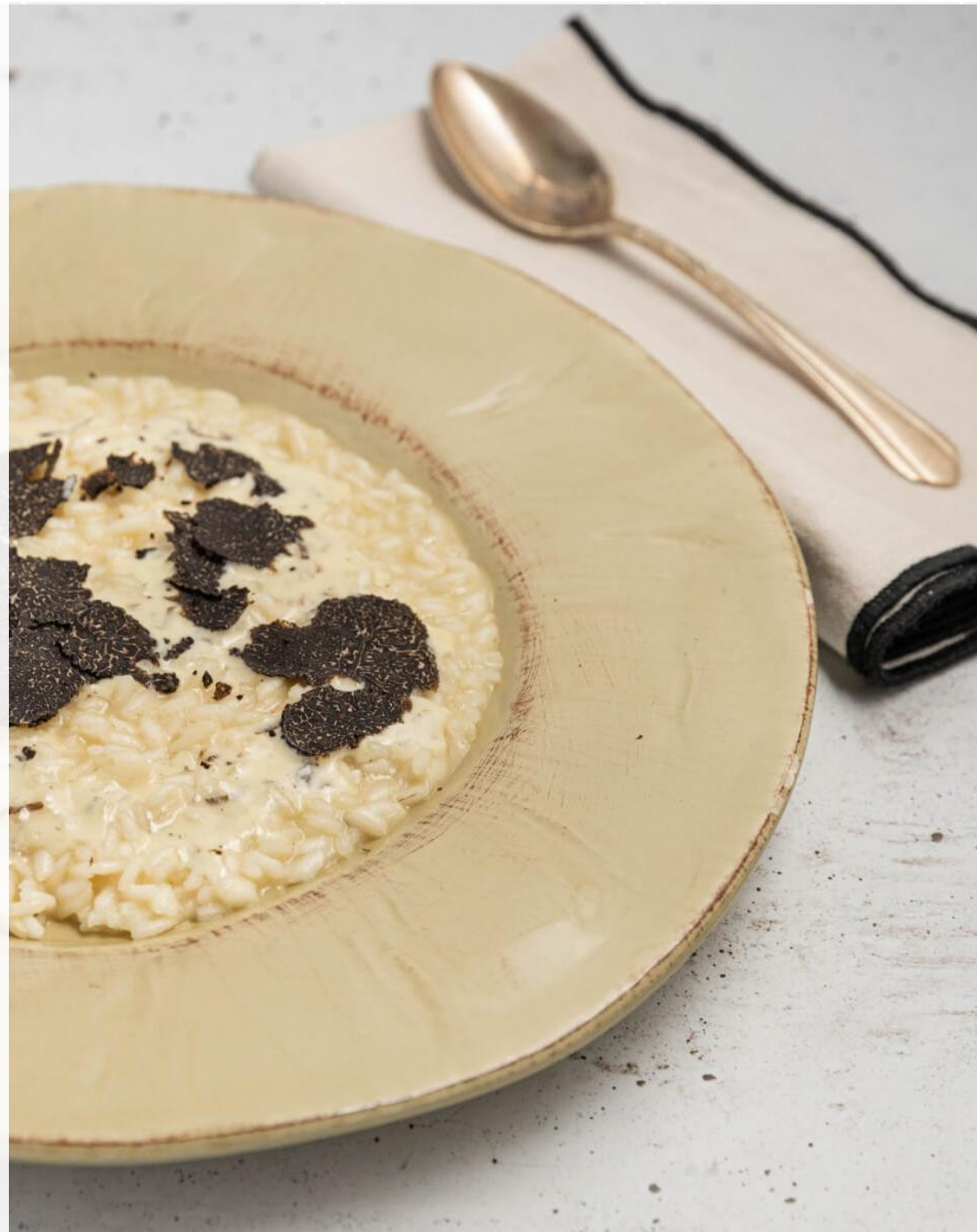
- **SERVING:**
- Finely chopped parsley or chives
- Parmesan & Truffle shavings



Mushroom, Parmesan & Truffle Risotto Method

GARLIC BUTTER MUSHROOMS

- Soak Porcini mushrooms in hot water
- Add 2 tbsp oil butter in a pan & once melted, add the mushrooms & drained soaked porcini and cook until golden brown.
- Add garlic, salt and pepper, then continue to cook until golden brown. Remove & set aside.
- **RISOTTO**
- Turn heat down to medium. In the same pot, melt butter then add garlic and onion. Cook 2 minutes until onion is translucent but not golden.
- Add wine and allow to simmer
- Add rice and stir for 1 minute until semi translucent.
- Add 1.5 cups of stock. Stir, then leave for 3 minutes, stirring just a few times, until mostly absorbed.
- Add another 1.5 cups stock, stir every now and then until mostly absorbed, stirring. Repeat twice more until all stock used up, rice is just cooked but risotto still creamy and slightly runny
- **FINISHES**
- Add cream and butter, stir vigorously to make creamy.
- Stir in parmesan, salt and pepper & truffle oil
- Stir through half the mushrooms.
- Spoon risotto into bowls, then top with reserved mushrooms, cheeses & shaved truffle over the top (including a drizzle of buttery juices pooled in bowl!)
- Garnish with parsley & drizzle with truffle oil and extra parmesan. Serve immediately!



Dessert – Pannacotta with Strawberries

Serves 8

- 1 tablespoon unflavoured gelatine powder (1 packet plus 1 teaspoon)
- 3 cups heavy cream
- 2 cups plain whole milk or yogurt
- 1 ½ teaspoons pure vanilla extract
- 1 vanilla Bean, sliced down the middle
- ¾ cup sugar

- **For The Balsamic Strawberries**
- fresh strawberries 1-2 punnets
- 5 tablespoons balsamic Vinegar
- 2 tablespoons sugar
- ½ teaspoon fresh ground black pepper
- Garnish with mint and basil leaves shredded



Dessert – Pannacotta with Strawberries

Instructions

- Put 4 tablespoons cold water into a small bowl. Sprinkle gelatine on top and stir to combine. In a large bowl whisk together 1½ cups of the cream with the yogurt (2 cups) and vanilla extract (1½ teaspoons). With a small sharp knife, scrape out the seeds from the vanilla bean halves and add them to the mixture.
- In a small pot, heat the remaining 1½ cups of cream with the sugar (¾ cup), over medium heat, stirring, until it just starts to simmer and the sugar melts. Remove it from the heat, add the gelatine and stir to dissolve. Pour the hot cream-gelatine mixture into the cold mixture and whisk to combine. Ladle about 4 ounces of the mixture into each ramekin or glass. Let them cool slightly, then put them into the fridge, uncovered, until fully cooled. Cover with plastic wrap and refrigerate overnight or for up to two days.
- Thinly slice the strawberries (¼-inch slices). You can slice them and keep them in the fridge up to four hours before serving. A half hour to an hour before serving put the strawberries into a large bowl with the balsamic vinegar (5 tablespoons), sugar (2 tablespoons), and black pepper (½ teaspoon). Toss gently and leave them to macerate, at room temperature, for at least 30 minutes and up to an hour. Un-mold the panna cottas by running a small knife around the inside of each ramekin a few times to loosen them. Tilt them onto individual dessert plates. Top them with macerated strawberries and spoon any remaining balsamic sauce on top. Add mint or basil sprigs to garnish, if you like. If you're serving these in glasses, just add the macerated strawberries on top and garnish before serving.



- ❖ 8AM Cooking Class
- ❖ Breakfast Frittata
- ❖ 9am Breakfast & Coffee
- ❖ 10am Day Course Starts
- ❖ 10am Cheese Making Course
- ❖ Mozzarella, Marscapone, Ricotta
- ❖ 1pm Lunch – Italian Grazing
- ❖ 3PM Day Course Finishes
- ❖ 5pm Wine Tasting & Cooking Class
- ❖ 6PM Dinner Chicken Saltimbocca



Saturday Agenda



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



A collage of food items. On the left, a wooden board holds various cheeses, including a wedge of Parmesan, and a slice of salami. In the foreground, a wooden bowl contains cubed cheese. On the right, a glass is filled with a tiramisu dessert, showing layers of cream, coffee-soaked ladyfingers, and a dusting of cocoa powder. The background is softly blurred, showing more of the same dishes.

11am Cheese Making Course

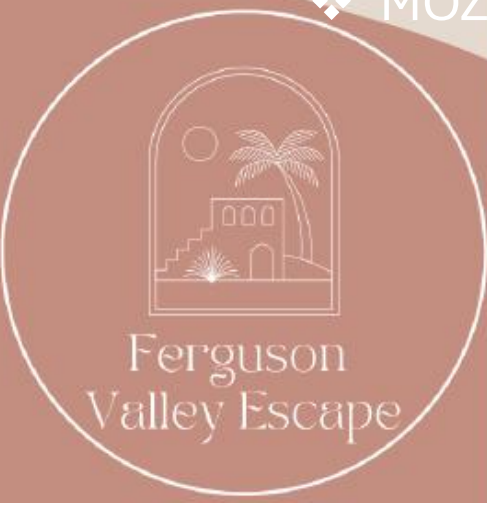
1pm Lunch

We all sit down and enjoy your cheese making
creations with wine tastings

Cheese Making Course with Lucy and Gerri

CHEESES WE ARE MAKING:

- ❖ BAKED HOT RICOTTA
- ❖ MASCARPONE
- ❖ 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



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.





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 <small>Optional</small>	Cooking Class	45 mins	✓ yes
9AM	Breakfast	60 MINS	
11AM	Pasta Making Class	3 hours	✓ yes
2PM	Lunch	2 HOURS	✓ yes
5pm	Check out		

Italian Breakfast Pannini's

Ingrediente:

Ciabatta Bread

Ham, salami, mortadella

Provolone cheese

Roasted red peppers

Sundried tomato

Rocket

Basil pesto and/or tomato pesto

Assemble your sandwich and grill in panini
maker until cheese melts



Sunday Lunch Pasta Or Gnocchi 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



Traditional Carbonara

Ingredients (serves 4 entrée size)

- 3 large free-range egg yolks
- 40g Parmesan cheese, plus extra to serve
- 1 x 150g piece pancetta or speck
- 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



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

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, &
TESTIMONIALS WITH US

FOLLOW US ON INSTAGRAM

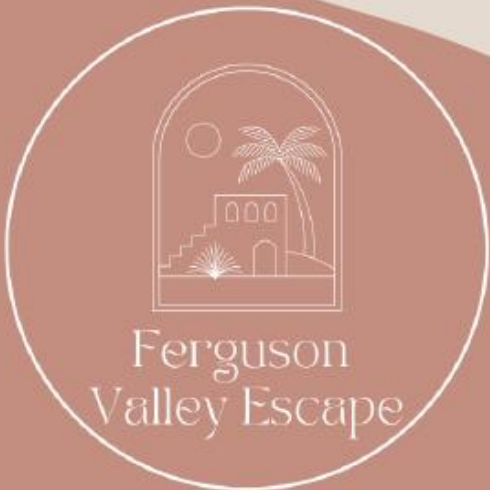
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FRIEND AND RECEIVE A \$500 DISCO



Thank you

FOR CHOOSING FERGUSON VALLEY
ESCAPE ITALIAN COOKING RETREAT...

WE HOPE TO SEE YOU BACK AGAIN
SOON...

Ciao!

