

# The recipes of **TechnoKids.it**

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## **Baked Potatoes**

### **Ingredients:**

- **Potatoes** (preferably fresh);
- **Onion** (preferably fresh);
- **Garlic** (preferably fresh);
- **Rosemary** (preferably fresh);
- **Olive oil** (preferably extra virgin);
- **Salt** (preferably fine);
- **Pepper** (preferably black).

**Preparation time:** approximately 60 minutes.

### **Preparation method:**

- 1) Peel and slice the onion.
- 2) Wash and peel the potatoes.
- 3) Cut the potatoes into chunks.
- 4) Drizzle a little oil over the bottom of a baking pan.
- 5) Place the sliced onions and diced potatoes in the pan.
- 6) Peel a clove of garlic, cut it in half, and place it in the pan.
- 7) Thoroughly clean the rosemary and separate the leaves from the sprig.
- 8) Add salt, pepper, rosemary, and more oil to the potatoes and seasoning in the pan.
- 9) Mix the ingredients together evenly, mixing with your hands if necessary.
- 10) Cover the pan with aluminum foil.
- 11) Bake in a preheated oven at 200°C (390°F) for about 30 minutes.
- 12) Then, reduce the oven temperature to 150°C (300°F) and bake for about 10 minutes.
- 13) Remove from the oven and serve.

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# Baked Chicken and Potatoes

## Ingredients:

- **Chicken legs** (1 per person);
- **White wine** (60 ml per person);
- **Onion** (50 g per person);
- **Garlic** (½ clove per person);
- **Rosemary** (1 sprig per person);
- **Olive oil** (preferably extra virgin olive oil);
- **Salt** (preferably fine salt);
- **Pepper** (preferably black pepper).

**Preparation time:** approximately 60 minutes.

## Preparation method:

- 1) Peel and slice the onion.
- 2) Place the chicken legs in a pot with the wine.
- 3) Fill with water so that the meat is about three-quarters covered.
- 4) Add the sliced onion to the pot, along with the rosemary.
- 5) Season with salt and pepper.
- 6) Cook over medium heat, uncovered, for about 30 minutes, until the liquid has evaporated and reduced.
- 7) Arrange the chicken thighs on a baking sheet between the preheated potatoes (see Baked Potatoes) in a convection oven at 200°C (400°F) for about 30 minutes.
- 8) Pour the cooking juices over the chicken and return to the oven until the chicken and potatoes are golden brown.
- 9) Then, remove from the oven and serve.

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# Meat ragout

## Ingredients:

- **Onion** (preferably fresh);
- **Celery** (preferably fresh);
- **Carrot** (preferably fresh);
- **Red wine** (preferably of fair quality);
- **Minced beef** (preferably 'lean');
- **Tomato sauce** (preferably 'datterino');
- **Olive oil** (preferably 'extra virgin');
- **Salt** (preferably 'fine');
- **Pepper** (preferably 'black').

**Preparation time:** about 45 minutes.

## Preparation method:

- 1) Slice onions and chop celery and carrots;
- 2) Fry the onion in a saucepan over medium-low heat in a light layer of oil until brown it;
- 3) Add the chopped carrot to the sauté and then the celery;
- 4) Once the sauté is obtained, continue cooking by gradually blending in the wine;
- 5) Add the minced meat to the sauté, cooking it without burning and seasoning with salt. salt;
- 6) Pour in the tomato sauce and continue cooking, stirring occasionally with a wooden spoon. with a wooden spoon from time to time;
- 7) When cooked, turn off the heat and add a pinch of pepper.
- 8) Add the meat sauce to the pasta, already cooked and drained, and stir briefly in the pan over a low heat.
- 9) Add a drizzle of raw oil to the already stir-fried pasta and prepare the dishes to serve.

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## Porcini Mushroom and Cream Sauce

### Ingredients:

- **Porcini mushrooms** (preferably fresh);
- **Celery** (preferably fresh);
- **Carrots** (preferably fresh);
- **Onions** (preferably fresh);
- **Garlic** (preferably fresh);
- **White wine** (preferably of good quality);
- **Butter**;
- **Cream**;
- **Vegetable** stock cube;
- **Olive oil** (preferably extra virgin);
- **Pepper** (preferably black).

**Preparation time:** approximately 45 minutes.

### Preparation method:

- 1) Clean the mushrooms, celery, onion, and garlic and chop them into small pieces.
- 2) Sauté the oil and a knob of butter.
- 3) Add a grated carrot to the sauce.
- 4) Continue cooking over low heat and add a stock cube, covering everything with water as needed.
- 5) Bring the soffritto to a boil and add the cream.
- 6) Stir until the cream reaches the desired consistency.
- 7) Once cooked, turn off the heat and add a pinch of pepper.
- 8) Pour the porcini mushroom and cream sauce over the cooked and drained pasta (preferably "paglia e fieno" egg tagliatelle), stirring briefly over low heat in a large skillet.
- 9) Drizzle a little olive oil over the pasta and prepare the dishes to serve.

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# Red Mullet Sauce

## Ingredients:

- **Garlic** (preferably fresh);
- **Onion** (preferably fresh);
- **Celery** (preferably fresh);
- **Carrot** (preferably fresh);
- **White wine** (preferably of good quality);
- **Red Mullet** (preferably fresh);
- **Tomato pulp** (preferably "datterino");
- **Olive oil** (preferably "extra virgin");
- **Salt** (preferably "fine");
- **Pepper** (preferably "black");
- **Chili pepper** (optional);
- **Parsley** (preferably fresh).

**Preparation time:** approximately 45 minutes.

## Preparation method:

- 1) Clean the red mullet, scaling and gutting it, and fillet it, removing the bones with tweezers.
- 2) Place the red mullet heads in a pan, adding chopped carrots and celery, sliced onions (keeping some aside) and the tomato pulp, to obtain the fish stock.
- 3) Cover with cold water, add a pinch of salt, and cook until the liquid has reduced by about half.
- 4) Sauté the remaining onion and garlic in oil in a pan.
- 5) Add the red mullet fillets to the soffritto, season with salt and pepper, and cook, adding the wine.
- 6) Remove the heads from the stock and add it to the soffritto, obtaining a slightly thick sauce.
- 7) Optionally, add chili pepper and chopped parsley.
- 8) Add the red mullet sauce to the cooked and drained pasta, stirring briefly in the pan over low heat.
- 9) Drizzle a little raw oil over the pasta and prepare the dishes to serve.

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