

Janella's Recipes

30.11.2006

Vegetarian Lasagne



Ingredients

- Lasagne sheets

Napoli Sauce

- 2-3 tbsls Olive oil
- 1 onion, diced
- 2 garlic cloves, crushed
- 2 anchovies
- 1 can crushed tomatoes
- 1 tbsls tomato paste
- Salt and Fresh basil

Vegies

- 1 eggplant, 1 sweet potato and 2 zucchinis, thinly sliced
- 1/2cup olive oil
- 2 tsp sea salt
- Cracked Black Pepper
- 1 cup mushrooms, sautéed in garlic, olive oil and salt.
- 1 block soft tofu (organic)
- 2 cups fresh ricotta
- 1/3 cup Bonsoy

Pesto

(1 cup walnuts, 1 bunch basil, olive oil, salt. Parmesan, garlic pound in pestle and mortar until blended)
1 bunch parsley and basil

Method

Napoli

To the oil, add onions, garlic and anchovies and cook gently for a minute.
Then add the tomatoes, tomato paste, salt and pepper. Tear in some basil and cook for as long as you can but at least 15-30 minutes.

Sauce

•ther ricotta, pesto and Bonsoy until it looks like a soft lumpy sauce.

Baked Vegies

Coat all the vegies in oil and season. Place on an oven tray and bake for approx 20-30 minutes on 180oC.

To assemble

Put a little Napoli on the bottom of a lasagne dish the place lasagne sheets over the top. Then spread enough ricotta sauce to cover the sheets. Top this with a layer of eggplant, then more lasagne sheets. Then more Napoli, mushrooms and sheets. Sprinkle fresh herbs on each layer. Continue to layer until dish is full. In the middle of the layering, add a layer of sliced tofu. Finish with ricotta sauce or a layer of vegetables. Bake at 180oC for approximately 40 minutes or until lasagne sheets are soft.

Gary's Recipes

30.11.2006

Spaghettini with Squid, Cherry Tomatoes & Chilli (Serves 2)



Method

Clean the squid and slice thinly - Chop the parsley. Tear the bread into small pieces and drizzle with olive oil salt and pepper. Place into a moderate oven until golden. Reserve.

Bring a pan of salted water to the boil and throw the pasta in for 8 minutes or until al dente.

Heat a little olive oil in a pan and fry the garlic and the chilli until golden, add the squid pieces and cook for a minute - turn down the heat and add the anchovy, allow to dissolve, pour in the white wine and a drizzle of olive oil.

Lift the pasta from the water and place into the pan of sauce. Throw in the cherry tomatoes & loads of parsley, toss and season to taste with salt & pepper.

Place in a bowl and sprinkle with the toasted bread crumbs

Ingredients

- 1 medium squid – fresh
- 1/2 punnet cherry tomatoes
- 200g Spaghettini
- 150ml White Wine
- 2 Anchovy fillets
- 2 Sprigs Thyme
- 1/2 cup Flat Parsley
- 150ml EVOO
- 1 clove Garlic peeled & sliced
- 1 small Red chilli
- Salt and Pepper
- 2 slices coarse textured bread

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