

Janella's Recipes

01.12.2006

Breakfast Wrap (Serves 1)



Ingredients

- Mountain bread, rye or barley
- 2 tsp olive oil
- 1 clove garlic, crushed
- 2 spring onions, chopped
- 1 egg
- 1 tsp mirin
- 1 tsp mint, chopped
- 2 tbsl goats feta
- salt
- 1 handful of rocket or baby spinach

Method

Beat one egg with 1 tsp mirin and a little salt.
Add oil to a non-stick pan and heat.
Then add garlic and spring onions and cook for 30 seconds.
Pour in the egg and let spread quite thinly.
Top egg with goat's cheese spinach and mint.
Flip and cook for another minute or until cooked through.
Put in a piece of Mountain Bread and roll up.

Gary's Recipes

01.12.2006

Piadina of sopresso salami, asparagus & wild rocket (Serves 1)



Method

Pizza dough.
Stir the yeast and sugar together into water, sprinkle with a little flour and let stand until foamy, about 5 minutes. Stir in the oil. Mix the flour and salt and stir into the yeast mixture beating together until smooth. knead on medium speed until soft and satiny approx 3 minutes.

Roll the pizza dough into a 10 inch thin disc, place into a fry pan, cook both sides until toasted brown but still soft.

Spread half the piadina with olive paste and layer the remaining ingredients along the same half.
Drizzle with lemon & olive oil and roll tightly - cut in half.

Ingredients

- 1 pizza dough recipe – see below
- 100g salami
- 150g buffalo mozzarella
- 4 spears of asparagus grilled
- 1 vine ripened tomato
- 2 cups wild rocket
- 100g olive paste (black olives)

Dough

- 12 grams Fresh Yeast
- Pinch Sugar
- 1 & 1/3cups Warm water,
- 1/2cup Olive oil
- 500g Unbleached flour,
- 1 1/2 tsp Salt