



**Valley Regional  
Hospital Foundation**



## November 4th Cooking Class Chef Amy Steeves

### Ingredient and Utensil List

#### *ANTIPASTO SALAD WITH BALSAMIC VINAIGRETTE*

##### Ingredients and Prep :

3 large handfuls mixed greens (head lettuce, spinach, arugula, romaine will all work well)  
3/4 cup cherry tomatoes-halved  
1/2 cup shaved parmesan (or another aged cheese)  
1/4 cup salami- thinly sliced and julienned  
1 piece bread- cubed or roughly torn (any kind will do)

##### For the balsamic vinaigrette

1/2 cup balsamic vinegar  
2 tbsp honey  
2 tsp dijon mustard  
1 1/3 cups olive oil  
pinch of salt and black pepper

#### *POTATO GNOCCHI*

##### Ingredients and Prep :

2 1/4 lbs russet potatoes  
1 3/4 cups all-purpose flour, plus more for dusting 2 egg yolks  
1 1/2 tsp salt

#### *VANILLA PANNA COTTA*

##### Ingredients and Prep :

2 cups 18% cream  
1/2 cup sugar  
1 1/2 tsp vanilla  
1 1/4 cups whipping cream- whipped to medium peaks  
5 sheets gelatine (or 5 tsp powdered gelatine mixed into the sugar)

##### For the honey roasted stone fruit

1 peach  
2 yellow plums  
2 nectarines  
1/4 cup honey  
1 lemon

## *ALMOND SHORTBREAD*

### Ingredients and Prep :

1 cup ground almonds  
3 tbsp unsalted butter (soft) 3 tbsp icing sugar  
1/4 tsp salt  
1/2 tsp vanilla

## *UTENSIL LIST*

1 small sauce pot  
1 medium pot  
1 large pot  
3 mixing bowls (various sizes) 1 set measures cups  
1 set measuring spoons  
6 ramekins  
1 liquid measuring cup slotted spoon  
Paring knife  
Peeler  
1 wooden spoon  
2 small baking sheets gnocchi board or fork tasting spoons bench scraper