



Cookery e-Course

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Spinach & Ricotta Stuffed Chicken Breasts

Ingredients

- 6 chicken breasts
- 200grams spinach, finely chopped
- 1 clove of garlic
- 1 tbsp butter
- 200grams ricotta
- Pinch of salt and pepper
- 2 eggs, lightly beaten
- 1 cup of bread-crumbs
- Canola oil for frying

Method

1. Place the butter and garlic in a small saucepan and heat until the butter is melted.
2. Once the butter is melted, add in the spinach and stir until well combined, over a low heat.
3. Remove from the heat and stir through the ricotta cheese. You may need to break up the ricotta cheese, or mash it with a fork first.
4. Season with salt and pepper to suit your tastes.
5. Using a sharp knife, cut a pocket into each chicken breast.
6. Using your fingers or a small spoon, fill the pockets, in the chicken breasts, with the ricotta spinach mix.
7. Fill each chicken breast and set aside.
8. In 2 shallow bowls/dishes, place the lightly beaten eggs (in one bowl) and the breadcrumbs (in the other bowl). You will need another dish to place the crumbed chicken breasts onto as well.
9. Dip a chicken breast in the egg, then roll in the breadcrumbs. Set aside onto the waiting plate. You can double dip the chicken breasts if you want a thicker crumb, all you have to do is repeat the process. Repeat this with the remaining chicken breasts.
10. Once all the chicken breasts are crumbed, preheat enough oil in the base of a frying pan, to come up to halfway up the chicken breast. You can do it with less oil but it will take a longer cooking time.
11. Once the oil has heated up satisfactorily, cook until golden brown, which should be approximately 5 minutes per side.
12. To keep the chicken breasts warm while the others are cooking, store them in the oven, on a tray, with the oven set at 100C. This will help to finish any cooking that may have been inadequate.

Serve with a tomato based sauce (tomato and basil being quite nice), and steamed vegetables.



Reducing Fat In Your Diet

- Eat lean meat when possible, otherwise, try to strip the visible fat from meat prior to cooking, or after cooking.
- Use olive oil for cooking instead of butter. It won't be the same taste but it should be just as good, and better for your heart.
- Swap hot chips (fries) for wedges. The wedges absorb less fat in the cooking process.
- Try dried fruit over crisps. You can get crisp dried apple slices which are a nice alternative. Alternatively you could oven roast thin slices of potato on a slow to moderate temperature.
- Use vinaigrettes over creamy salad dressings.
- Sorbets are a nice treat instead of ice cream. If you really must have your ice cream then, try mixing sorbet and ice cream together. You will still get the creamy taste of ice cream but with less fat as it is mixed with a fat free/reduced sorbet.

Baked Chocolate Cheesecake



Ingredients

- 250grams cream cheese
- 250grams ricotta cheese
- 3tbsp cocoa powder
- 3tbsp corn flour
- 3 eggs
- 1/2 cup honey
- 200grams crushed biscuits
- 50grams almond meal
- 2tbsp butter, melted
- water

Method

1. Preheat the oven to 150C. Grease and/or line a spring form tin.
2. In the food processor, place the biscuits, almond meal and melted butter. Blend until they come together. If they do not come together, add a teaspoon of water.
3. Press the biscuit base into the bottom of a spring form cake tin. Set in the fridge until required.
4. Clean out the food processor, and, once clean, place the remaining ingredients into it. Process until smooth. You may need to scrap down the sides of the bowl during the process.
5. Remove the spring form tin from the fridge and pour the cheesecake mix over the cooled base.
6. Place in the oven and bake for approximately 50 minutes.
7. Once the cooking has finished, allow it to cool in the oven for approximately 1 hr, with the oven door slightly ajar.
8. Place into the fridge and allow to sit for at least 2 hours to ensure that it is fully chilled.

Serve on it's own, with fresh or tinned fruit, or with vanilla yogurt as a healthy alternative for cream.

Ricotta Cheese

- Ricotta cheese is usually made from the whey that is leftover from cheese making.
- Most often it has a slightly sweet, creamy taste.
- Ricotta means 're-cooked', which indicates the second cooking phase which is used to obtain the cheese.
- It can be used in both sweet and savoury recipes as it adapts to the different flavours well.
- Ricotta doesn't store for long as it is a fresh cheese which means it is highly perishable.
- While this cheese is usually made from whey, it can also be made from full cream cows milk.
- Usually ricotta is a low fat cheese unless it is made from full cream milk, because it is made from whey.

Recipe (sourced from <http://becksposhnosh.blogspot.com/2006/01/homemade-ricotta.html>)

Ingredients

- 1.2 litres of full cream milk
- 240ml buttermilk
- Cheesecloth
- Rubber band

Method

1. Rinse the cheesecloth, fold into layers and line a colander with the damp cheesecloth.
2. In a stainless steel, or glass, saucepan, place the milk and buttermilk. If you have a candy thermometer, attach it to the side of the saucepan.
3. Place the saucepan onto a high heat setting on the stove top, and stir occasionally with a rubber spatula, careful not to let the milk burn.
4. Do not let the milk boil but only allow it to warm (This also means do not allow it to simmer).
5. When the temperature reaches approximately 80C the whey should start to separate from the curds.
6. Once the curds start to form, remove the pan from the heat and carefully scoop out the curds using a large serving spoon (the type which has little holes in it) and place them in the pre-prepared cheesecloth.
7. Allow the curd to drain and once it has slowed, to almost stopping, bring up the edges of the cheesecloth and tie it off with the rubber band.
8. Hang the ricotta somewhere it can continue to drain until all the dripping has stopped, either over the sink or a bowl.
9. At this stage the cheese should be cool enough to handle the bag with your hands. You should store it in the fridge and consume it as soon as possible.

These cookery lessons are brought to you by Judith. Judith has been trained in catering and almost every aspect of the catering industry. Her passion for cooking, and teaching those younger than herself has finally come out in the form of these cooking lessons.

Every person is different and we understand that and as a part of providing this course we encourage feedback from students, parents and teachers alike, so that we may improve it for future users.

We thank you for your support.



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