

SPAGHETTI, TURKEY MEATBALLS & ARUGULA SALAD

Chef Alex: Thursday 3-6 Class # 2

SKILLS LEARNED

Knife skills
Working together as a team using kitchen lingo and communication/safety
Simmering
Pan-searing

EQUIPMENT

Spaghetti Sauce
Cutting board, Knife,
Blender, large pot and
Rubber spatula

Turkey Meatballs
Cutting board, knife, large
pot and rubber spatula

Arugula Salad
Mandolin, bowl ar

INGREDIENTS

Tomato Sauce
15 Ripe tomatoes | *diced*
3 Tbsp Olive Oil
1 Onion, small | *diced*
1 Green Bell pepper | *diced*
3 Carrots | *chopped*
2 Celery stalks | *chopped*
7 Garlic cloves | *minced*
½ Cup basil | *torn*
1 Tbsp dried oregano
3 Tbsp tomato paste
(Add more at end if needed)
½ Cup red wine
Salt and pepper to taste
(Layer through the recipe)
1 Cup Water

Turkey Meatballs
3 lbs. ground turkey meat
1 lbs. lean ground beef
1 Cup onion, small | *diced*
¾ Cup dried bread crumbs
½ Cup water or milk
2 Eggs
½ Cup parsley | *chopped*
Salt & pepper throughout

*Pear, Almond, & Arugula
Salad*
1 Pear | *diced*
½ Cup Roasted almonds
2 Small bags arugula
1 Tbsp stone grnd mustard
2 Tbsp olive oil
3 Tbsp apple cider vinegar
1 Tbsp honey
Salt and Pepper



INSTRUCTIONS

Tomato Sauce

1. After all vegetables are cut and prepped, add olive oil to large pot on med heat. Then add onion, garlic, carrots, celery, and bell pepper. Add a little salt and pepper. You will then sauté and sweat these ingredients.
2. After the vegetables are soften, add all the diced tomatoes and stir well. Then add red wine and reduce almost halfway. Then add water, dried oregano, tomato paste and simmer for 7 minutes.
3. Add torn basil and then blend at least half of the ingredients in the pot and add back into pot with the bay leaf setting the heat to low. Add salt and pepper to taste if needed. Now let's work on our YUMMY TURKEY MEATBALLS!

INSTRUCTIONS

Turkey Meatballs

1. Mix all ingredients together.
2. Roll mixture into 1 1/2 inch balls.
3. Heat pan on medium-high heat and add 2 Tablespoons of olive oil. Then gently place each of the meatballs into the pan and brown each side until cooked thoroughly.
4. Add the meatballs to the finished spaghetti sauce. Serve over pasta, top with Parmesan cheese and enjoy with friends.

INSTRUCTIONS

Pear, Almond, & Arugula Salad

1. Place the arugula in a bowl. Add the sliced pears and roasted almond in the bowl and lightly toss a few times.
2. Whisk together the mustard, vinegar, salt and pepper, olive oil and honey together.
3. Then add the vinaigrette to the salad and lightly toss. Enjoy!