

Explore a Taste of Italy - Virtual Cooking Demo, on Zoom

Tuesday, April 13, 2021

from 5:30 pm - 7:00 pm

Presented by Brett Boon, Culinary Arts Instructor

Join us for a virtual cooking demo of Eggplant Parm, Marinara Sauce, Caesar Salad and Garlic Bread with CIA graduate and culinary arts instructor, Brett Boon. Here are the ingredients you will need to cook along with Chef Brett:

Ingredient Checklist:

Eggplant Parm Ingredients:

- 2 medium eggplants (1 1/2 pounds total), cut into 1/4-inch rounds
- Coarse salt and pepper
- 2 cans (28 ounces each) whole peeled tomatoes, pureed
- 3 cloves garlic, smashed and peeled
- 1 1/2 cups plain dried breadcrumbs
- 1/2 cup grated Parmesan or Pecorino Romano (2 ounces), divided
- 1 cup all-purpose flour
- 3 large eggs, lightly beaten
- 1 cup vegetable oil
- 1 pound fresh mozzarella, thinly sliced

Garlic Bread Ingredients:

- 4 cloves garlic, minced
- 1/2 c. (1 stick) butter softened
- 1 baguette or French bread, cut lengthwise
- 1/2 tsp. kosher salt
- 2 tbsp. freshly chopped parsley
- 1/4 c. grated Parmesan

Caesar Dressing Ingredients:

- 1 cup mayonnaise
- 1 cup sour cream
- 1/4 cup red wine vinegar
- 1 1/2 teaspoon Worcestershire sauce
- 1 teaspoon mashed anchovies (or anchovy paste)
- 1 clove garlic, pressed
- 1/4 tablespoons Parmesan cheese, grated
- 1/2 teaspoon freshly cracked black pepper
- 2-3 dashes Tabasco sauce

Garlic Croutons Ingredients:

- 4 cups bread cubes, cut into 3/4 inch squares (from a sturdy bread like sourdough)
- 1/2 cup extra virgin olive oil
- 3 cloves garlic, thinly sliced
- 2 tablespoons Italian flat leaf parsley, minced
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper

Caesar Salad Ingredients:

- 8 cups romaine lettuce hearts, rinsed and patted dry
- 1/4 cup grated Parmesan cheese
- 1/4 cup Parmesan cheese, cut into ribbons
- kosher salt and freshly ground black pepper, to taste

Register in advance for this meeting:

https://us02web.zoom.us/joining/register/tZ0lfuyhrj8pHNZrITRrV_DRZdd9ZteeQDaD

After registering, you will receive a confirmation email containing information about joining the meeting.