

Conchiglie with Tomato & Basil

(courtesy of The Olive Garden)

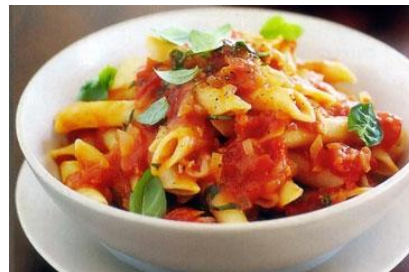
Cookery Principle: Pasta

INGREDIENTS:

2 vine ripe tomatoes
2 cloves garlic
30 ml red onion
30 ml olive oil
15 ml margarine
Salt and pepper
8 leaves fresh basil
250 ml shell pasta
5 ml vegetable oil
Parmigiano cheese
30 ml mozzarella

EQUIPMENT:

Measuring spoons
Dry measures
Custard cups
French knife
Cutting board
Grater
Fry pan
Wooden spoon
Large saucepan



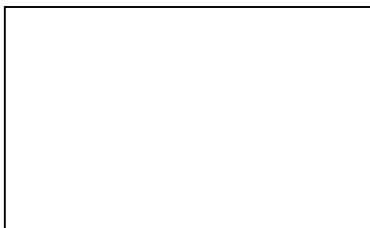
METHOD:

1. Cut tomatoes into quarters. Using a spoon, remove the seeds. Dice tomato and set aside.
2. Slice garlic cloves thinly and dice the onion. Set aside 2 basil leaves and chop the remaining leaves.
3. Start boiling 2 litres of water in a large saucepan. Add 5 ml oil to water.
4. Heat olive oil and margarine in a fry pan. Add sliced garlic and onions. Sauté over low heat until onions and garlic turn a light golden brown.
5. Add diced tomatoes and cook together with garlic and onions for 5 minutes. Season with salt and pepper to taste. Add chopped basil and stir.
6. Cook pasta UNCOVERED on medium heat until al dente (about 7-9 minutes). Drain in colander in sink.
7. Place pasta on large plate and top with tomato mixture and freshly grated Parmigiano cheese.
8. Garnish with fresh basil leaves and shredded mozzarella.

Food Groups:

Product Standards:

Tablesetting:



Lab Duties:

DW _____

DD _____

HK _____

SD _____