

## *U3A Brimbank*

### *Cooking Adventures with Marlene*

#### *Session 32 – Meatballs and More*

#### **Potato, Spinach and Cheese Slice**

2 cups	mashed potatoes
1	clove garlic, crushed
200g	ricotta or feta, grated
100g	blanched spinach, roughly chopped
1	small zucchini, grated
2	eggs, separated
35g	panko crumbs
25g	grated parmesan cheese
25g	butter, melted

Preheat oven 180C

Mix mashed potatoes with garlic, spinach, ricotta or feta cheese, zucchini and egg yolks. Season to taste. Beat the egg whites until firm peaks form, fold into potato mixture. Spoon into a greased baking pan.

Mix panko crumbs, parmesan and melted butter and spread over the potato slice, season and bake for 25 – 30 minutes.

## **Meatballs with Ratatouille**

500g	small meatballs
2	small red onions, peeled and quartered
1x400g	cans cherry tomatoes
2	long eggplants or 1 small round, roughly chopped
1	zucchini, thickly sliced
1 tbs	olive oil
1 tbs	olives, preferably pitted
1	punnet mini roma tomatoes
½ cup	basil leaves
1 tbs	rosemary leaves, roughly chopped
50g	feta cheese, crumbled

Preheat oven 180C

Heat a large frying pan and spray with oil. Add onions and brown gently. Remove to an oiled baking tray. Fry off the meatballs just until they are brown, remove from pan and place on top of the onions. Add canned tomatoes, zucchini, eggplant, olives and roma tomatoes. Season with salt and pepper and drizzle with olive oil and rosemary. Bake for 25 – 30 minutes. Add feta cheese and return for just 5 minutes to heat through. Serve sprinkled with fresh basil leaves.

## **Brazilian Cheese Bread**

1	large egg
1/3 cup	extra virgin olive oil
2/3 cup	milk
170g	tapioca flour
½ cup	grated parmesan cheese (66g)
1 tsp	salt

Preheat oven to 200C

Mix all ingredients in a blender until combined. Pour into a 24 hole greased mini muffin tin and bake for 20 min or puffed and golden.

You can do a smaller batch and keep the leftover batter in a closed jar in the refrigerator for about 5 days.

## **Chocolate Pudding Cake**

150g dark chocolate (at least 70% cocoa solids)

75g butter

1 tbs brown sugar

3 eggs, whipped

Preheat oven 180C

Coarsely chop chocolate and dice butter. Place in a microwave proof bowl with the sugar and heat for 1 minute and stir. Heat again for 30 seconds and mix again repeat if not melted. Cool slightly. Stir in whisked eggs. Divide batter between 4 oiled ramekins and bake for 15 – 20 minutes. Serve warm with whipped cream and fresh raspberries.