



### **SATURDAY DEMO – 12:30-13:00**

#### **PATE DI FAVE E FETA (BROAD BEAN AND FETA DIP)**

##### **Ingredients**

Makes about 500g or a full cereal bowl

300g frozen broad beans

1 organic unwaxed lemon

4 tbsp extra virgin olive oil, plus extra to decorate (**Diddly Squat Farm**)

100g feta

½ tsp ground black pepper, plus extra to decorate

Bread to dip (**The Loving Chef**)

##### **Method**

Bring a medium saucepan of water to a fast boil, drop in the podded broad beans and let them simmer for about 3 minutes. Drain them and rinse them under cold running water until they are cool enough to handle. Pinch the beans one by one to peel the skins off, set the peeled beans aside and discard the skins.

Wash and pat dry the lemon, then peel a large strip of skin with a potato peeler. Cut it into fine slivers and set aside for later.

Save a couple of tablespoons of peeled broad beans and add the rest to the bowl of a food processor, along with the oil, two thirds of the feta and the pepper. Squeeze the lemon you peeled earlier and add two tablespoons of juice to the mix, then blitz at high speed until smooth and homogeneous.

Scrape the sides of the bowl down with a silicone spatula halfway through the process. Spoon the dip in a small bowl, make a well in the centre with the back of the spoon, then scatter the broad beans saved earlier, the rest of the feta, crumbled, and the slivers of lemon peel. Add a pinch of ground black pepper and a drizzle of olive oil to garnish.



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### **PIADINE ROMAGNOLE**

#### **Ingredients**

##### ***For the Piadine***

400g soft wheat flour or plain flour, plus extra for dusting

1 tsp salt ([Friars Farm](#))

1½ tsp baking powder

60g lard or unsalted butter, diced, at room temperature

180g lukewarm water

##### ***For the filling***

80g rocket salad

200g semi-soft cheese, like crescenza or brie

16 slices of bresaola

#### **Method**

Add the flour, salt, baking powder and lard to the bowl of a stand mixer fitted with the dough hook. Weigh the water in a spouted jug, then start the mixer on medium speed and slowly trickle the water into the bowl. Continue mixing until the dough looks smooth and homogeneous. Overall, the mixer should not work for longer than 3–4 minutes from when you start pouring water into the mixing bowl.

Take the dough out of the bowl and drop it on to a clean, dry worktop. Roll the dough into a sausage shape, divide it in half with a knife or a scraper, then divide each part in half two more times until you have 8 pieces, about 80g each. Shape each piece into a ball, place it on the worktop, then cover them with a clean kitchen towel and let them rest for at least 40 minutes.

After the resting time, flour the worktop generously and roll each ball of dough to a thickness of 2mm, shaping it into a disc. You will have 8 discs, about 20–22cm in diameter. Pile them up in a single stack and cover them again with the kitchen towel. Piadine must be kept covered at all times before and after cooking: keeping them covered until they go in the pan will prevent the dough from drying out and keeping them covered after they have been cooked will preserve the residual moisture in the dough, keeping the piadina supple and warm.

Heat a cast-iron flat saucepan or a non-stick frying pan, large enough to accommodate one piadina, over a medium heat. Take one piadina out of the pile and pierce it several times with the prongs of a fork. Carefully dust off any excess flour, then place it on the hot pan and cook it for about 2 minutes in total, flipping it over a couple of times to ensure even cooking.

The piadina is cooked when the pale dough develops the characteristic chocolate brown spots. If the spots are dark brown or black, the piadina is overcooked.

Cook the remaining piadine, piling them up in a single stack on a plate and keeping them covered with a clean dish towel until they are ready to be filled. Despite dusting the flour off the piadine before cooking them, some will inevitably gather in the pan: wipe it off with kitchen paper (without scorching your fingers!) or it will burn, making the piadine taste bitter.

Wash and pat the salad dry. Layer the cheese and the meat onto half of the disc. Add a small handful of salad and fold the piadina in half. Serve immediately.