

Session 1 - Chef Dave Caldiero Pesto Linguine with 'Ulu and Green Beans

Chef Dave Caldiero of TOWN Hospitality Group has done several cooking demonstrations in ĀINA classrooms over the years. On October 4, he and his daughter Opal will share their culinary talents with us over the web! They'll be cooking up a delicious pesto linguine with 'ulu and green beans and show us how to make a simple vinaigrette to dress up fresh, local greens.



See Recipe with Ingredients List and Directions on the Next Page...

To cook along with Chef Dave during the cooking demonstration, please prepare the following items and have them ready as you tune in:

Equipment:

- Pot of water (for pasta)
- Large mixing/serving bowl
- Small pot (for 'ulu/potatoes)
- Mason jar with a tight lid
- Colander
- Cutting board
- Knife
- Vegetable peeler
- Food processor, blender, or mortar & pestle



Pasta Preparation:

- Add salt to water (1/2 tablespoon salt per quart) and heat to boiling.
- Stem green beans (pick the stem of the tip of the green beans).
- Cut and peel potatoes or 'ulu into 1-inch pieces. Place into a pot of cold water and bring to boil. Once boiling turn off heat and let sit in water until cool, then strain.



Pesto Preparation:

- Grate Parmesan cheese

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by Chef Mark Noguchi

Pesto Linguine with 'Ulu and Green Beans

Serves 2

Pesto Ingredients:

- 2 cups basil (packed down)
- 2-3 cloves garlic
- 1 cup pine nuts or walnuts
- 1 cup parmesan cheese
- 1 cup extra virgin olive oil
- Salt & pepper to taste



Pesto Directions:

1. Add garlic, salt, and nuts to food processor or high-powered blender.
2. Pulverize to a paste.
3. Add basil and half of the olive oil. Blend again.
4. Adjust to desired texture with the remaining olive oil, leaving small amount of olive oil behind.
5. Transfer pesto to desired bowl or jar and pour the remaining olive oil on top of pesto. This preserves the pesto and keeps it from turning dark in color.

Pasta Ingredients:

- 1/2 pound linguine or other pasta
- 2 handfuls or 1/3 pound green beans or long beans, stemmed (cut only if using long beans)
- 1 cup 'ulu or potato
- Parmesan cheese

Pasta Directions:

1. Cook pasta according to package directions.
2. 1 minute before pasta is done add green beans and 'ulu to pasta water.
3. Toss pasta, 'ulu, and green beans in pesto.
4. Top with Parmesan cheese.



Simple Vinaigrette

Ingredients:

- 2 Tbsp shallots
- 1/4 cup white balsamic vinegar
- 1 tsp Dijon mustard
- 3/4 cup extra virgin olive oil
- Salt & pepper to taste

Directions:

1. Mince shallots and place in jar with Dijon mustard, salt, and pepper.
2. Pour vinegar over shallots.
3. Steep for 10 minutes.

