



THE COOKERY SCHOOL

AT THE GRAND, YORK

Meatballs | Parent & Child Class

Homemade Meatballs with Fresh Tomato Sauce and Tagliatelle

Vanilla Ice Cream with Salted Caramel Sauce



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Step One: Meatballs

100g ground beef
50g ground pork
50g ground gammon
1 tbsp panko breadcrumbs
1 tbsp grated parmesan
½ tbsp chopped parsley
1 shallot, finely chopped
½ garlic clove, crushed
1 egg yolk
1 tbsp olive oil
Olive oil, for frying

1. Place the meats into a deep bowl and add the shallots, garlic, parmesan, breadcrumbs, parsley, olive oil, egg yolk and seasoning, then mix well.
2. Mould the mixture into small ball shapes, about half the size of a golf ball.
3. Heat your frying pan over a medium heat until hot, then drizzle olive oil into the pan.
4. Once the oil is hot, add the meatballs and fry until golden all over. Remove from the pan and set aside.

Step Two: Tomato Sauce

1 tbsp olive oil
½ onion, finely chopped
1 garlic clove, crushed
Pinch of dried chilli flakes
400g tinned chopped tomatoes

1. Warm the olive oil in a saucepan. Add the chopped onions and garlic and cook until soft and see-through.
2. Add the chilli flakes and cook for one minute before adding the chopped tomatoes. Season to taste.
3. Bring to the boil and simmer for five minutes until the excess water has evaporated and the sauce is thick.



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4. Add the meatballs to the tomato sauce and cook for another 6 – 8 minutes until they are cooked all the way through.

Step Three: Tagliatelle

200g tagliatelle

1. Fill a deep pan with water, add salt and bring to the boil.
2. Add the Tagliatelle. Once the pasta starts to unravel, stir the pan to make sure the pasta doesn't stick together.
3. Cook for 8 – 10 minutes until al dente, and then drain.

Step Four: Serve

1 tbsp grated parmesan

1. Gently tip the pasta into your serving bowl to create a nest effect. Spoon the meatballs and sauce over the pasta and garnish with the grated parmesan and a drizzle of olive oil. Enjoy!

Vanilla Ice Cream with Salted Caramel Sauce

Step One: Vanilla Ice Cream

300ml full fat milk

200ml double cream

6 egg yolks

90g caster sugar

1 vanilla pod / 1 tbsp vanilla paste

1. Place the milk and half the cream into a saucepan. Split the vanilla pod in half, scrape out the seeds and add it all into the pan.
2. Bring the mixture to the boil, and then take off the heat and leave to cool for five minutes.
3. In a separate bowl, whisk the yolks and sugar together then add the milk and cream from the pan and mix well with the whisk.



4. Add the mixture back into the saucepan and cook on a medium heat, stirring in a figure of 8. Cook until the mixture starts to thicken (80 – 82°C), taking care not to boil the mixture or it will split and scramble.
5. Pour the mixture into a bowl with the remaining cream and leave to cool. Once cool, pour the mixture through a sieve, ensuring the vanilla seeds are pushed through the sieve. Discard anything else.
6. Churn in an ice cream machine until smooth and creamy, then place in the freezer until needed.

Step Two: Salted Caramel Sauce

****This recipe must be made by an adult, and you must wear gloves for protection****

150g castor sugar
10g unsalted butter
200ml double cream
Pinch of sea salt flakes

1. Sieve the sugar into a deep round saucepan and place the pan onto a medium heat, shaking until the sugar completely covers the base.
2. Leave the sugar until it starts to melt around the outside. Once the edges start to colour, gently bring the sugar from the edge of the pan into the centre. Stir until all the sugar is melted and has turned a dark golden-brown colour with no lumps.
3. Take the pan from the heat and add the cream in three lots, whilst mixing continuously, taking care to incorporate the cream before adding more.
4. Once the cream is mixed in, place the saucepan back on to the heat and whisk in the butter and salt. Bring to the boil, reduce for 30 seconds and then remove from the heat.
5. Mix the sauce until the salt has dissolved, before passing through a fine sieve into a jug to cool.
6. Once cool, pour into a squeeze bottle and leave at room temperature to serve.