



## Cook & Eat Italy, Ingredients, Adaptations & Equipment

### Pistachio Chicken Skewers with Sautee Potatoes

4 chicken thighs, boned & skinned  
1 pack prosciutto (or 4 slices)  
1 clove garlic  
2 tsp chopped parsley  
1 tsp capers, drained & chopped  
20g pistachio nuts  
200g salad potatoes  
6 cherry tomatoes  
2 tsp chopped thyme leaves  
Salt & pepper  
Oil

#### Adaptations

Chicken breast cut in half horizontally can also be used  
Prosciutto or Parma ham  
Capers or the equivalent amount of chopped gherkins.

### Warm Asparagus Salad

1 bunch asparagus – trimmed  
1 spring onion – thinly sliced  
½ tsp lemon rind  
1 tbsp lemon juice  
1 tsp sesame seeds – toasted (optional)  
drizzle of olive oil  
salt & pepper

#### Adaptations

French beans, sugar snap peas or tender stem broccoli if you can't get or don't want to use asparagus  
Pinenuts or sunflower seeds instead of sesame seed

### Zabaglione with Fresh Strawberries

2 egg yolks  
2 dessert spoons caster sugar  
2 tbsp marsala or dessert wine  
  
6 strawberries depending on their size

#### Adaptations

Peaches, apricots, raspberries, blueberries etc so long as the fruit is ripe

### Equipment

Bamboo or metal skewers,  
Chopping board & knife,  
Cling film or greaseproof paper,  
Frying pan to toast seeds,  
Electric whisk,  
Small to medium pot,  
  
Baking tray  
Small blender or food processor  
Microwave & microwavable dish or a pot with a steamer  
Bowl or jar to mix up dressing  
Heat proof bowl  
Ramekins or glasses for serving.