



THE WINTEC COOKING CLASSES

Saturday 5 May 11.45-12.45pm



**Seared Venison Lion,
Gorgonzola gnocchi,
Napoli sauce and
toasted Parmesan crumbs.**



Wintec

WAIKATO INSTITUTE OF TECHNOLOGY
Te Kuratini o Waikato

Gorgonzola & Potato Gnocchi

Ingredients		Method
150gm	Potatoes (cooked, mashed and dried)	<p>Place the potatoes and bluecheese into a small bowl and place over some hot water to warm through.</p> <p>Add flour, egg yolk, cheese, garlic, nutmeg, salt & pepper. Mix to form firm dough, cut and roll into a long cylinder. Cut into 24 even pieces; roll the gnocchi with your finger to put a small indentation into the middle. Boil for 3-4 minutes, until they float. Drain and put to one side. Add the Napoli sauce and serve.</p>
20g	Blue Vein cheese (chopped)	
100 gm	Flour (a little extra for dusting)	
1	Egg yolk	
15gm	Parmesan	
	Nutmeg	
	Salt Pepper	

Napoli Sauce

Ingredients		Method
60 mls	Olive oil	<p>Make a cross in the base of each tomato and blanch in boiling water. When they are cool the skin will peel away easily. Chop the flesh and put to one side.</p>
30g	Onion brunoise	
2 cloves	Garlic Sliced	<p>In a large pot, heat some olive oil and fry the onion and garlic until brown. Add the tomatoes, basil, salt, pepper and the chilli (if you choose).</p>
2	Ripe Tomatoes (skinned)	
10g	Tomato Paste	
10 Leaves	Basil (save some for garnish)	
30mls	Red wine (from the venison marinade)	<p>Add the wine and bring to the boil. Allow to simmer for 20minutes , stirring occasionally.</p> <p>Your sauce should 'coating' consistency for the gnocchi.</p>
½	Chilli (optional)	
Qty	Salt	

Seared venison Loin.

Ingredients	Method
150g Venison Loin Oil Salt and pepper 50ml Red Wine	<p>Pat the venison dry using paper towels and reverse the red wine for the napoli sauce. Season with S&P.</p> <p>Heat oil until just smoking. Sear to desired cooking degree and then allow to rest for 5 minutes.</p> <p>Plate the Gnocchi with the Napoli sauce and then slice the venison around them.</p>

Toasted Parmesan crumbs

Ingredients	Method
20g Butter 10g Pinenuts 10g Breadcrumbs 10 g Parmesan	<p>Melt butter in a fry pan, add the pine nuts, allow to toast slightly before adding the breadcrumbs and parsley.</p> <p>Sprinkle over the Gnocchi.</p>