

my delicious year

Background

Introducing the My Delicious Year monthly cook-a-long

What is it?

Join in for a once a month cook-a-long. On the first day of each month I will provide you with a recipe and shopping list. The recipe will be affordably priced and of easy to moderate difficulty.

When will it take place?

The cook-a-long will take place on the second Wednesday of each month. An event will be created on the [My Delicious Year](#) Facebook page at the start of each month. Please join the group to stay up to date, and don't forget to invite your friends to join in.

Where will the cook-a-long take place?

The idea is for you to cook the recipe in the comfort of your own home. Cook the selected recipe for your family, friends, neighbours or someone special. Once you are finished cooking, take a moment and capture a photo your meal. Post your picture and comments on the [My Delicious Year](#) Facebook page or share it on instagram using the hashtag **#cookalong** and tag **@mydeliciousyear**.

Why a cook-a-long?

One of the main goals I set when starting out on this blogging adventure was to inspire others to cook. The idea behind the cook-a-long is to encourage you to try a new recipe each month by making it accessible to all and as simple as possible. After the cook-a-long we can then come together as a group to talk about the recipe – like a virtual book club, but for recipes.

The May cook-a-long will take place on Wednesday 8 May.

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Recipe

Pappardelle with amazing slow-cooked meat

a recipe by Jamie Oliver

ABC delicious. Magazine
(May 2006, p.36 and May 2004, p.39)

Serves 4

Jamie Oliver says: *"You can use beef, venison, or even hare or pigeon for this recipe. In Italy, if a family had to feed eight, then they would cook more pasta and add a little extra water – a little meat can go a long way."*

1-2 tbs extra virgin olive oil
800 g braising meat on the bone (such as osso bucco or lamb shanks)
Handful of rosemary and thyme sprigs, leaves picked, finely chopped
1 small red onion, finely chopped
4 garlic cloves, finely chopped
1 carrot, finely chopped
1 celery stalk, finely chopped
2 wineglasses of Chianti (about 300ml total) or another dry red wine
2 x 400g cans whole roma tomatoes
2 tbsp pearl barley*
400 g fresh or dried pappardelle or pasta*
100 g unsalted butter
2 handfuls grated parmesan, plus extra to serve

1. Heat oil in a large heavy-based saucepan over high heat, then cook meat for 3-4 minutes or until brown. Add herbs, onion, garlic, carrot and celery, then simmer over medium heat, stirring occasionally, for 5 minutes or until vegetables soften. Add Chianti and simmer for 6-8 minutes until liquid has almost evaporated.
2. Add tomatoes, barley and enough water to cover meat by 1cm. Make a cartouche out of baking paper – cut paper the size of the pan, wet it under tap, rub it with a little oil and place over pan. Put a lid on pan as well to retain as much moisture as possible

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during cooking. Cook over very low heat for 2-3 hours, depending on the type of meat. It's ready when you can push the meat off the bone and it will flake away in tender, oxtail strands. Season to taste and cool slightly before removing meat from the pan. Using 2 forks, pull apart all the lovely pieces of meat, throwing away any skin and bones. Put meat back in pan over low heat. Cook pasta in a large pan of boiling salted water – 3 minutes for fresh pasta or according to the packet instructions for dried – the drain, reserving some of the cooking liquid.

3. Remove sauce from heat and stir in the butter, parmesan and a little reserved cooking liquid – this will make it juicy and shiny. Toss with pasta and serve sprinkled with extra parmesan.

* Pearl barley is from health-food shops and supermarkets. Pappardelle pasta is from selected delis and supermarkets.

My Delicious Year Cook's Notes:

- Use any budget type of beef for this recipe (chuck, skirt, leg, flank). Check the mark-downs section of the supermarket.
- This recipe is ideal to double and freeze.
- If, like me, you are always trying to trick your kids into eating your vegies, double the quantities of onion, carrot and celery in the recipe. The vegetables will break down in the cooking process and will also help to make your sauce go a little further.
- When choosing your wine, make sure you pick one that you would drink. After all, you will have some leftover to drink with your dinner!
- Serve with your favourite pasta, fresh or dried, or make your own. See the recipe I use to make my own pasta [here](#).
- I found pearl barley in the supermarket in the soup aisle. It is with the dried lentils/split peas around the bottom shelf. Leaving it out won't drastically affect the end product if you have trouble finding it.
- If the thought of putting 100g of butter in your sauce gives you a mild heart attack, leave it out. Your sauce won't be shiny or as rich, but it will still taste damn good!

For people using their slow-cookers:

This recipe is ideal for slow-cookers. If you have one, feel free to use it. At Step 2, just put everything into your slow cooker, but be careful not to add too much water, otherwise your sauce will be too watery. If necessary, you can add a bit of extra water as it cooks.

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Shopping List

Four people
1-2 tbs extra virgin olive oil
800 g braising meat on the bone
1 x bunch rosemary
1 x bunch thyme
1 x small red onion
4 x garlic cloves
1 x carrot
1 x celery stalk
1 x bottle of Chianti or other dry red wine
2 x 400g cans whole tomatoes
2 tbsp pearl barley
400g fresh or dried pasta
100g unsalted butter
250g block parmesan

Eight people
2-4 tbs extra virgin olive oil
1.6kg braising meat on the bone
1 x bunch rosemary
1 x bunch thyme
2 x small red onion
8 x garlic cloves
2 x carrot
2 x celery stalk
1 x bottle of Chianti or other dry red wine
4 x 400g cans whole tomatoes
4 tbsp pearl barley
800g fresh or dried pasta
200g unsalted butter
250g block parmesan