

DATE NIGHT COOKING



EXCLUSIVE
BONUS
RECIPES

JOHNNY MORONEY



Tuscan Stew (Zuppa Toscana)

SERVES 4 PREP 15 minutes COOK 30 minutes

BROWN THE PROTEIN AND AROMATICS

In a large pot or Dutch oven, brown the sausage over medium-high heat, breaking it into small crumbles. Add the diced onion and sauté for 5 minutes until translucent. Stir in the garlic and red pepper flakes, cooking for another minute until fragrant.

SIMMER THE BASE

Pour in the chicken broth and add the cubed potatoes. Bring to a boil, then reduce heat and simmer for 15 minutes or until potatoes are tender.

FINISH AND SERVE

Stir in the kale and heavy cream. Simmer for 3–5 minutes until the kale is wilted and bright green. Season with salt and pepper. Serve hot with a generous dusting of Parmesan.

INGREDIENTS

500g (1 lb) mild or spicy Italian sausage (casing removed)
3 large russet potatoes, scrubbed and cubed
1 medium white onion, diced
3 cloves garlic, minced
1 litre (4 cups) chicken bone broth
1 bunch kale, stemmed and chopped
150 ml (⅓ cup) heavy cream
½ tsp red pepper flakes
Salt and cracked black pepper to taste
Grated Parmesan for serving



One-Pan Italian Sausage & Gnocchi

SERVES 2 PREP 10 minutes COOK 15 minutes

CRISP THE SAUSAGE AND GNOCCHI

In a large non-stick skillet, brown the sausage meat over medium heat, breaking it into chunks. Once cooked through, remove the sausage but keep the fat in the pan. Add the par-cooked gnocchi directly to the pan. Fry in the sausage fat for 5–8 minutes, tossing occasionally, until golden and crisp on the outside.

ASSEMBLE THE DISH

Add the butter, sliced garlic, and chilli flakes to the pan. Cook for 1 minute. Return the sausage to the pan and toss in the kale. Stir until the kale is wilted.

FINISH AND SERVE

Remove from heat, stir in the Parmesan and a squeeze of lemon juice. Serve immediately

INGREDIENTS

300 g gnocchi
2 Italian sausages (casings removed)
2 cups chopped kale or baby spinach
2 cloves garlic, thinly sliced
½ tsp dried chilli flakes
30g (2 tbsp) salted butter
40g (½ cup) grated Parmesan
Squeeze of fresh lemon



Gourmet Tuna Melt

SERVES 2 PREP 10 minutes COOK 10 minutes

PREPARE THE TUNA MIX

In a small bowl, flake the tuna and combine with mayo, onion, pickles, dill and chives. Season with a touch of salt and plenty of pepper.

BUILD THE SANDWICH

Place a slice of cheese onto one side of the sourdough, followed by half the mixture on top. Finish with another slice of cheese before topping with another piece of bread

TOAST TO PERFECTION

Place the sandwiches in a skillet over medium-low heat. Press down slightly with a spatula and cook for 3–4 minutes per side until the sourdough is deep golden brown and the cheese is fully melted. Slice diagonally and serve while hot.

INGREDIENTS

185g (6 oz) high-quality canned
tuna in olive oil (drained)
3-4 tbsp Kewpie mayonnaise
1 tbsp finely diced white onion
1 tbsp chopped dill pickles
1 cup of dill
1 cup of chives
4 thick slices of rye sourdough
bread
4 slices cheddar cheese
1 lemon
Sea salt and cracked black pepper

Slow-Cooked Beef Ragu

SERVES 4 PREP 20 minutes COOK 3-4 Hours

SEAR THE BEEF

Season beef chunks generously with salt. In a heavy-based pot, sear the beef in olive oil over high heat until deeply browned on all sides. Remove and set aside.

BUILD THE FLAVOR

In the same pot, sauté the onion, carrot, and celery until softened. Stir in the tomato paste and garlic, cooking for 2 minutes until the paste darkens. Deglaze the pan with red wine, scraping the bottom to release the browned bits (fond).

SLOW BRAISE

Return the beef to the pot. Add stock, rosemary, thyme, and bay leaves. Cover and simmer on low for 3 hours, or until the beef falls apart with a fork. Shred the beef into the sauce and discard the herb stems.

COMBINE AND SERVE

Toss with al dente fettuccine and a splash of pasta water to emulsify.

INGREDIENTS

750 g beef chuck, cut into 5cm chunks
500g (1 lb) fresh fettuccine
1 onion, 1 carrot, and 1 celery stalk
(finely diced soffritto)
3 cloves garlic, smashed
2 tbsps tomato paste
250 ml (1 cup) dry red wine
(Shiraz or Cab Sauv)
500 ml (2 cups) beef stock
2 sprigs fresh rosemary and thyme
2 bay leaves
Extra virgin olive oil



Tiramisu Cup

SERVES 4 PREP 5 minutes COOK 0 minutes

PREPARE THE CREAM

In a medium bowl, whisk together the mascarpone and icing sugar until smooth and slightly thickened. Transfer to a piping bag with a round nozzle (or a zip-lock bag with the corner snipped).

ASSEMBLE THE LAYERS

Mix the cooled espresso with the liqueur if using. Pipe the cream around the inside rim of each cup. Pour the coffee into the cup, followed by the frothed milk, and a generous dusting of cocoa.

INGREDIENTS

250g (9 oz) mascarpone cheese,
chilled
2 tbsp icing sugar (powdered
sugar)
Lotus Biscoff biscuits
60 ml (2 fl oz) strong espresso
(cooled)
250ml milk frothed
1 tsp coffee liqueur or Marsala
(optional)
Cocoa powder for dusting

Dessert

