MYSTERY RECIPE CHALLENGE

WEEK 4

*The mystery recipe has 10 ingredients, so you will be sent 2 every week.*

*If you plan to make the recipe, do try to gather the ingredients each week so you are READY!!*

***Ingredients from Weeks 1 & 2 & 3***

**#1:** EVOO**= extra virgin olive oil**

#2: one medium size yellow onion

#3 Ground meat. I love bison as it is exceptionally healthy, like salmon it is full of good fat. But ground beef, ground chicken or even Italian sausage will work

#4 Tomato/Pasta Sauce. My favorite store- bought is RAO but any will do. You will need a large jar. Or of course you can make your own.

**#5** 15-16 ounce container of ricotta or cottage cheese

**#6.** 3 large eggs

WEEK 4

#7 Parmesan ( fresh please, not the stuff in the green can)

#8 Shredded mozzarella

ACTIVITY: Google the making of Parmesan. By the early 14th century, Parmesan cheese had traveled from its place of origin in the Parma-Reggio region over the mountains to Tuscany, where ships departing from Pisa and Livorno carried it to other Mediterranean ports. The first recorded reference to Parmesan, in 1254, documents that a noble woman from Genoa traded her house for the guarantee of an annual supply of 53 pounds of cheese produced in Parma.

History immortalized the use of Parmesan cheese as a condiment for pasta in Boccaccio’s Decameron tale about an imaginary gourmet paradise called Bengodi. At the summit of a delightful mountain of Parmesan, cooks rolled macaroni downhill to acquire a coating of the snowy cheese.

Follow this link to lots of cool information about this popular cheese

<http://parmesan.com/>

If you are planning to make this recipe make sure, besides the ingredients, that you have:

(This might give you a big hint.)

A **9” x 3” round cake pan**!!

A large pot, a medium skillet, a medium bowl

**You can email Coach K with your guesses!! It is NOT lasagna!!**

[**lesliek@ix.netcom.com**](mailto:lesliek@ix.netcom.com)