**PRIMAVERA Spring**

**Vegetables**

**Sofritto:** onion, shallots, garlic. Finely chop onion and shallots. Lightly crush garlic.

Sautee in olive oil till golden. Remove garlic.

**Ingredients:**

 **-**peppers, carrots, broccoli, zucchini and anything else in season at the market.

-parmiggiano and or pecorino cheese.

-herbs of your choice

-white wine

-salt and pepper

**Optional ingredients**

-hot peppers, olives, anchovies, capers, pancetta, diced tomatoes, semidry tomatoes.

**Execution**

Take the time to clean and cut vegetables: round, sticks, and triangles. Be creative.

Add to the vegetables to the *soffritto* and cook for a few minutes. Do not overcook. The vegetable should still have a crisp bite. Put the hard vegetables in first and then the softer ones. A little dash (spruzzatina) of white wine. never hurts. Salt and pepper to taste

Once the pasta is ready, drain and save some of the water. Toss in a frying pan (*saltata in padella*) with the vegetable sauce. Add the grated cheese. Add a little pasta water to achieve a light creamy texture. Garnish with some finely chopped herbs.

**Puttanesca sauce variation**

Add to the *soffritto* chopped anchovies, black olives, capers and hot peppers. Toss it with pasta as it is or add the above vegetable. Semidry tomatoes will add sweetness and zest

**Aglio & Olio e Peperoncino**

Make the *soffritto* only with garlic. Add little hot peppers if you like. Toss in frying pan with spaghetti. Garnish with chopped parsley. This is the classic midnight snack. Keep it simple.

*Use good quality extra virgin olive oil*

*Make your own semidry tomatoes by drying halved cherry tomatoes in the oven at low temperature.*

**ESTATE Summer**

**Seafood**

**Sofritto:** onion, shallots, garlic. Finely chop onion and shallots. Lightly crush garlic.

Sautee in olive oil till golden. Remove garlic.

**Ingredients:**

-clams:fresh,canned or frozen.

-parsley

-white wine

- salt and pepper

**Optional ingredients**

**-**hot peppers

-anchovies

-canned tuna

-calamari

-passata (pured tomato)

**Execution**

Add the whole fresh clams and a little white wine (*spruzzatina*) to the *soffritto* cover and cook till clams open. Substitute wine with beer if you like.

For canned clams: drain the water from the can add to *sofrritto* and sauté for a few minutes.

For frozen clams: put them in the *soffritto* frozen and cook for a few minutes.

Drain pasta and save some of the water.

Toss the clam sauce and the drained pasta into a frying pan (*saltata in padella*). Add some of the pasta water if needed. Add chopped parsley at last minute. Salt and pepper to taste.

**Tuna variation**

For tuna sauce, add *passata* (tomato pure) to *soffritto.* Cook for about 10 minutes add canned tuna. Continue as per clam sauce.

**Calamari**

Clean and slice calamari in tin strips. Sauté calamari in the soffritto add a little white wine. Continue as per clam sauce

*Experiment with other type of fish. Mussels are amazing,*

*Buy fresh fish from a good fish shop. Clean and freeze so it is ready to use when you needed.*

**AUTUNNO Fall**

**Salsiccia e rapini or funghi (mushrooms) & ragu**

**Sofritto:** onion, shallots, garlic. Finely chop onion and shallots. Lightly crush garlic.

Sautee in olive oil till golden. Remove garlic.

**Ingredients:**

-Angelo Bean wine infused sausages

-rapini

-Parmiggiano and or pecorino

-wine

-salt and pepper

**Optional Ingredients**

-mushrooms

-ground beef, lamb chicken

-hot peppers

-diced carrots, celery,

-tomatoes: passata- diced, blanched, peeled and cored –canned.

-basil

**Execution**

Remove thick stems from rapini. Blanch. Squeeze water out. Chop into half inch pieces. Remove casing from sausage and crumble. Add sausage to *soffritto.* Add hot peppers if desired. A little splash of wine won’t hurt. Add the blanched rapini. Sautee for a few minutes. Salt and pepper to taste .When pasta ready, drain and save some water.

Toss pasta and rapini sauce in a frying pan *“saltata in padella*” add the grated cheese and some pasta water if needed.

For the mushroom variation add the sliced mushrooms instead of the rapini and sauté till the mushrooms are cooked and the broth produced by the mushroom is reduced.

**Ragu di Carne - Meat sauce – Bolognese**

This is a tomato sauce and it could be a quick or a long process.

Add to the standard *soffritto* the diced carrots, celery and ground beef (substitute with lamb or chicken if you like).

Sautee till meat is cooked. A little splash of wine is customary.

Once the ground meat is cooked, add tomatoes of your choice: for a quick sauce, add diced fresh or canned and cook for about 20 minutes. Add some fresh basil and remove when finished. Buy canned tomato that have not concentrate in them. The liquid part should be watery.

If you want to do the long version, the traditional ragu, add pureed tomatoes and simmer at low heat for a few hours as much as six. Keep tasting and stop when it has reduced to your liking. This is when the scarpetta comes in: soaking the bread in the sauce to taste it! The ragu is usually made for big family gatherings.

Toss the sauce and the drained pasta in a big bowl. Mix in the grated cheese. Buon appetito!.

*No need for tomato paste. Leave that for ketchup!*

*Make sure you buy DOP parmiggiano Reggiano or Grana Padano*

**INVERNO winter**

**Carbonara (Italian bacon and eggs)**

**Sofritto:** onion, shallots, garlic. Finely chop onion and shallots. Lightly crush garlic.

Sautee in olive oil till golden. Remove garlic.

**Ingredients:**

-pancetta and or bacon and or guanciale

-eggs

-Parmigiano and or pecorino

-white wine

-salt and coarse ground pepper

**Execution**

In a bowl beat the eggs, grated cheese and a little splash wine.

Add diced pancetta in the *soffritto*. Sauté till pancetta is golden.

Drain pasta and reserve some water.

In a frying pan toss the pasta and pancetta sauce adding slowly the egg mixture on low heath making sure is stirred constantly so it will become creamy and not lumpy. Add plenty of coarse ground pepper. Carbonara means charcoal. The black pepper must be noticeable as stained by charcoal. It might not need salt as the pancetta as plenty, but check and adjust if needed. Add some pasta water if needed. Buon appetito.

**Quattro formaggi**. If you add different grated cheeses then you can make it even richer.

**Matriciana**

Leave out the egg mixture and add hot peppers. Add *passata* (tomato puree) simmer till is reduced to your liking. Toss with drained pasta adding grated cheese. Salt and pepper to taste.

*Guanciale is the cheek of pork and is available at fine butchers and delicatessen establishments.*

*Use sea salt or kosher salt.*

*Ask your cheese shop expert for local cheeses to substitute the classic European ones. You will be pleasantly surprised of the quality*.