

## **Eileen Dunne's Pasta Recipes**

### **Penne al'arrabbiata**

#### **Penne pasta with tomato, garlic and chilli**

*Arrabiata*, means angry, and this pasta dish is so called given that it is fired up with hot chilli flakes.

#### **Ingredients – Serves 6**

500 g of dried penne pasta (preferably with ridges rather than the smooth variety)

500ml of tomato passata or 2 x 400g tins of plum tomatoes (pour the plum tomatoes into a bowl and mash with a fork before adding to the sauce)

4 cloves of garlic, peeled

Half cup of extra virgin olive oil

1 tablespoon of flat-leaf parsley, finely chopped

1 level teaspoon of dried chilli flakes or two fresh chillies, shredded

Salt to taste

#### **Method**

In a wide saucepan gently saute' the garlic and chilli in olive oil. Avoid browning the garlic.

Add the tomato, cover and cook for 10 minutes over a medium heat, stirring occasionally. Should the sauce become dry, lengthen with a little boiling water from the pasta pot.

Meanwhile cook the pasta in a large saucepan of boiling salted water for 1 minute less than the recommended cooking time on the packet.

Remove the pan with the sauce from the heat and add the pasta, sprinkle with parsley, stir and serve immediately.

Wine suggestion:

A punchy red wine such as Montepulciano d'Abruzzo or a crisp white like Passerina. Traditionally the preferred wine would be a local Frascati.

# **Spaghetti alla Carbonara**

## **Ingredients – Serves 6**

500 g of dried spaghetti pasta

300 g of guanciale, cured pork cheek, thinly sliced.

(Use pancetta if you cannot get your hands on guanciale)

100 g of freshly grated Parmigiano Reggiano cheese

100 g of Pecorino Romano

6 free range or organic egg yolks

Half cup of extra virgin olive oil

1 level teaspoon of freshly ground black pepper

Salt to taste

## **Method**

Cook the pasta in a large saucepan of boiling salted water for 1 minute less than the recommended cooking time on the packet.

Meanwhile whisk together the eggs and half the quantity of Pecorino Romano, Parmigiano and black pepper.

In a wide, heavy based saucepan gently fry the guanciale in the olive oil – be careful not to over-crisp the bacon.

Remove the bacon from the oil with a slotted spoon and put aside.

Turn off the heat. Add a couple of spoons of water from the pasta pot to the pan and stir.

Add the pasta to the pan of oil and stir to coat the pasta with the flavoured oil. Add the egg and cheese mixture, stirring gently to create a cream. Add the bacon and the remainder of the cheese and black pepper. Stir and serve immediately.

Wine suggestion

Umbrian wines marry well with spaghetti alla carbonara. A white Trebbiano or a red Rosso di Montefalco.

## **Bucatini all'amatriciana**

### **Bucatini pasta with guanciale and tomato**

#### **Ingredients - serves 6**

500 g of dried bucatini pasta

250 g of guanciale, cured pork cheek, thinly sliced

100 g of freshly grated Pecorino Romano cheese

500 ml tomato passata or 2 x 400g tins of plum tomatoes (pour the tomatoes into a bowl and mash with a fork before adding to the sauce)

4 tablespoons of red wine vinegar

Half cup of extra virgin olive oil

Salt to taste

#### **Method**

Cook the bucatini pasta in a large saucepan of boiling salted water for 1 minute less than the recommended cooking time on the packet.

Meanwhile take a wide based saucepan and saute' the guanciale in the olive oil over a low heat allowing the guanciale to melt and become translucent while releasing juices into the oil, avoid over crisping.

Add the vinegar and increase the heat for a couple of seconds, then lower the heat and add the tomato and salt and cook for 15 minutes, stirring occasionally. If the sauce appears to be drying up, add a little water from the pasta pot and stir.

Drain the pasta and transfer to the saucepan with the sauce. Fold in the Pecorino Romano cheese and serve immediately.

Once the pasta has been eaten, invite your guests to tear chunks of sourdough and dip into the remaining sauce in their plates. This is known as scarpetta, little shoe, and is perfectly acceptable dining etiquette.

*Buon appetito*