# **Beyond Alfredo: An Introduction to Pasta**

Italian Cooking Class by Daniele Donati October 14 2010, 4-6pm



### Ragù alla Bolognese\*

\*for Tagliatelle and the pasta with eggs ONLY

#### Ingredients (recipe for 4 persons)

- 250 grams of minced beef ("cartella" is the part that divides lungs from the ribs)
- 100 grams of pork meat, filet possibly
- 150 grams of sausage
- half red wine glass (sangiovese dry)
- a glass of meat broth
- tomato paste
- 1 onion, 1 yellow carrot and 1 celery, (50 g one, whole)

### Preparation

- 1. Gently fry the sausage till most of the fat melts, then add and sauté the vegetables.
- 2. Add the beef then and make it sauté.
- 3. Maintain the gravy adding half red wine glass (sangiovese) dry.
- 4. When the wine is evaporated add the tomato paste, and salt and pepper to your taste.
- 5. If it is still necessary to cook and maintain the gravy, add a glass of meat broth.
- 6. Continue the cooking with a low fire for a pair of hours.



## Bucatini all'Amatriciana

Ingredients (recipe for four persons)

- 400 grams of bucatini or thick spaghetti, possibly made in Italy
- 150 grams of bacon or "guanciale" (the Amatrice one, is at the origin of the name)
- 500 grams of fresh tomato or a can of diced ones
- 150 grams of Amatrice, or Roman pecorino
- lard, or in alternative a spoon of olive oil
- one chili pepper

### Preparation

- 1. Cut the slices of bacon/guanciale of Amatrice in thin slices, of the same thickness.
- 2. Peel the tomatoes after boiling them in water, then remove the center and the seeds, put them in a bowl in pieces with their juice (faster solution with the canned diced tomatoes).
- 3. Grate the pecorino.
- 4. Pour lard or olive oil in the frying pan to cover of its bottom, and warm it with intense fire.
- 5. Pour in the frying pan the chili pepper and the bacon/guanciale and start stirring them with a wood spoon.
- 6. Lower the fire and make bacon/guanciale sauté for a couple of minutes, until it has a golden yellow color.
- 7. Slow the cooking pouring the tomatoes. Cook the gravy for approximately 10 minutes, stirring it, until it reaches the desired degree of density and fluidity.
- 8. Remove the chili pepper.
- 9. Meantime cook spaghetti "al dente". Pour the spaghetti in the frying pan and mix them adding, slowly, the grated pecorino.



### **Linguine with Sicilian Pesto**

Ingredients (recipe for four persons)

- garlic
- fresh basil
- Olive Oil 150 mililiters
- 100 grams of Parmesan
- Freshly grated black pepper
- 50 grams of Pine nuts
- 500 grams of Tomatoes
- 150 grams of (cow) Ricotta
- Salt

### Preparation

- 1. Wash the tomatoes, cut them in two and remove the inner white part, then crush them in order to remove the liquid in excess and the seeds.
- 2. Directly put the tomatoes in a container or in the mixer. Add the washed and dried basil, the pine nuts, the garlic, the grated parmesan, ricotta and oil. If you want to maintain a little of consistency, use slow speed of mixer.
- 3. When the sauce has reached the desired consistency, add salt and pepper to your taste, and if you don't use it immediately, save it in refrigerator in a container (better if a glass one) for max 2 days.
- 4. Meantime cook linguine "al dente". Pour them in a frying pan and mix them adding, slowly, the pesto.