

Beyond Alfredo: An Introduction to Pasta

Italian Cooking Class by Daniele Donati
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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 milliliters
- 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.