



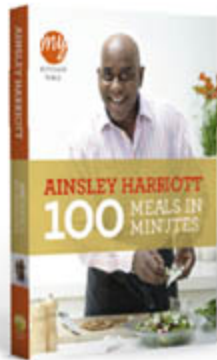
KITCHEN
TABLE

A close-up portrait of an elderly man with white, curly hair, smiling warmly at the camera. He is wearing a bright blue button-down shirt.

ANTONIO CARLUCCIO

100 PASTA RECIPES





MY KITCHEN TABLE gives you a wealth of recipes from your favourite chefs. Whether you want a quick weekday supper, sumptuous weekend feast or food for friends and family, let the My Kitchen Table experts bring their favourite dishes to your home.

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Throughout this book, when you see  visit our site for practical videos, tips and hints from the My Kitchen Table team.



100 Pasta Recipes

**ANTONIO
CARLUCCIO**

www.mykitchentable.co.uk



Welcome to *my* KITCHEN TABLE

This is my personal collection of the **100 tastiest,**
most authentic Italian pasta dishes you could
wish for. Each one brings with it a little taste of the
Mediterranean, and I hope you enjoy every bite.

Debra's Cucina •



Classics and favourites



Quick bites



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Classics and favourites

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Fresh Egg Pasta

You can experiment using different flours here, but I think Italian 00 flour (*farina 00* or *doppio zero*) is the easiest to work with by hand.

Makes about 450g (1lb)

300g (11oz) Italian 00 flour, plus extra for dusting

3 medium eggs

pinch of salt

for pasta *verde* (green pasta)

75g (3oz) well-drained puréed cooked spinach

for pasta *purpurea* (purple pasta)

4 tbsp beetroot juice

for pasta *rossa* (red pasta)

1½ tbsp tomato purée

for pasta *neri* (black pasta)

1 tsp cuttlefish ink

Step one Sift the flour onto a work surface (marble is ideal), forming it into a volcano-shaped mound with a well in the centre. Break the eggs into the well and add the salt. Incorporate the eggs into the flour with your hands, gradually drawing the flour into the egg mixture until it forms a coarse paste. Add a little more flour if the mixture is too soft or sticky and, with a spatula, scrape up any pieces of dough. Before kneading the dough, clean your hands and the work surface.

Step two Lightly flour the work surface, and start to knead with the heel of one hand. Work the dough for 10–15 minutes until the consistency is smooth and elastic. Wrap the dough in clingfilm or foil and allow it to rest for half an hour.

Step three Again, lightly flour your work surface and a rolling pin. Gently roll out the dough, rotating it in quarter turns to a sheet 3mm (less than 1/4in) in thickness. If you are making filled pasta, go straight ahead and incorporate the filling as in the recipes. If you are making flat pasta or shapes, leave the pasta on a clean tea towel to dry for about half an hour before cutting.

If you wish, you can also add one of the colourings suggested in the ingredients list, though you may need to increase the proportion of flour to eggs slightly so that your mixture doesn't become too wet. If you choose to make pasta purpurea, use only 2 eggs.



For a video masterclass on making fresh pasta, go to
www.mykitchentable.co.uk/videos/makingpasta



Fresh Egg Pasta

Minestrone

There are many different varieties of minestrone, each one varying according to regional customs. I'll allow you to substitute a stock cube for home-made stock in this recipe, but only if you really have to!

Serves 4

3 tbsp olive oil

1 onion, peeled and chopped

1 small garlic clove, peeled and chopped

2 rashers streaky bacon, rinded and finely chopped, or 25g (1oz) Parma ham, finely chopped (optional)

4 celery sticks, diced

1 tomato, peeled, de-seeded and finely chopped

1 large carrot, peeled and diced

2 potatoes, peeled and diced

few leaves basil, or 1 tbsp pesto sauce

900ml (1½ pints) chicken stock

1 × 375g (13oz) tin borlotti beans, drained

100g (4oz) *tubettini* (fresh or dried)

75g (3oz) freshly grated Parmesan

salt and freshly ground black pepper

Step one Heat the oil and fry the onion and garlic with the chopped bacon or Parma ham (if using), until the onion is soft. Add the remaining vegetables, the basil or pesto, and toss well with the oil. Add the stock and bring to the boil. Cook for around 10 minutes. Add salt and pepper to taste and stir in the borlotti beans and the pasta. Cook for about 10 minutes, or until the pasta is al dente. Serve hot, sprinkled with the grated Parmesan.



Minestrone

Spaghettini with Tomato and Basil

This is one of the simplest sauces. If you use garlic instead of onion, and olive oil instead of butter, you obtain a Neapolitan sauce that is equally good. If you manage to find the best ripe tomatoes, you can leave out the cheese because the taste will be rich and fine without it.

Serves 4

50g (2oz) butter

1 small onion, peeled and finely chopped, or 4 spring onions, trimmed and finely chopped

3 large, ripe tomatoes, peeled, de-seeded and roughly chopped

8 basil leaves, shredded

400g (14oz) spaghettini (fresh or dried)

50g (2oz) freshly grated Parmesan

salt

Step one Heat the butter and gently fry the onion or spring onions until beginning to brown. Add the tomatoes and fry for another 3–4 minutes. Add the basil and salt to taste.

Step two Meanwhile, cook the pasta according to the packet instructions or until al dente. Mix with the sauce and serve sprinkled with the grated Parmesan.



Spaghettini with Tomato and Basil

Spaghettini with Seafood Sauce

Almost everywhere, and especially in seaside restaurants in Italy, you can find this dish, which is made with any kind of local, fresh, small mollusc or fish. You can use a small octopus, squid, mussels, clams, oysters, small prawns or scallops. If you are using clams or mussels, make sure you clean them thoroughly. In some areas of Italy they add tomatoes, but I prefer it without.

Serves 4

6 tbsp olive oil

1 garlic clove, peeled and finely chopped

1 chilli pepper, finely chopped (optional)

350g (12oz) mixed seafood (as suggested above), cleaned

2 tbsp dry white wine

375g (13oz) spaghettini (fresh or dried)

1 tbsp finely chopped flat-leaf parsley

salt and freshly ground black pepper

Step one Heat the oil and gently fry the garlic, and chilli, if using, until the garlic is slightly golden. Add the seafood, increase the heat and fry for 8–10 minutes, stirring continuously. Make sure that the clams and mussels are open at the end of the cooking time. If they are not, discard them. Pour in the wine and let it evaporate for 1 minute. Keep the mixture warm over a low heat and add salt and pepper to taste.

Step two Meanwhile, cook the fresh or dried pasta according to the packet instructions or until al dente, and drain. Mix with the sauce. Serve sprinkled with the parsley.



Spaghetтини with Seafood Sauce

Spaghetti Carbonara

I include a recipe for this well-known dish because most people I know get it completely wrong, either adding milk or cream or letting the eggs become scrambled. This recipe is the real thing. It was brought to Lazio from Umbria by coal men (*carbonari*), who came to sell charcoal to the Romans. Since then it has been adopted by the Romans and is famous all over the world.

Serves 6

500g (1lb 2oz) spaghetti or spaghettoni (the largest spaghetti) (fresh or dried)

25g(1oz) lard

25g (1oz) butter

2 tbsp olive oil

1 garlic clove, slightly squashed

100g (4oz) pancetta or *guanciale*, cut into small chunks

5 tbsp dry white wine

5 eggs

100g (4oz) freshly grated Parmesan (or pecorino cheese for the purists)

3 tbsp finely chopped parsley

salt and freshly ground black pepper

Step one Cook the pasta in a large pan of boiling salted water according to the packet instructions or until al dente. Meanwhile, heat the lard, butter and oil in a pan and fry the garlic and pancetta or *guanciale* until crisp. Discard the garlic and add the white wine to the pan. Boil to evaporate it a little.

Step two Lightly beat the eggs in a large bowl with the grated Parmesan, parsley and some salt and pepper. When the pasta is ready, drain and add to the egg mixture in the

bowl, stirring to coat the pasta. Then add to the pancetta or *guanciale* in the pan. Stir a couple of times and then serve.

Caution *This recipe contains lightly cooked eggs.*



Spaghetti Carbonara

Linguine with Tuna Fish Sauce

The flat, slightly rounded shape of this pasta particularly suits sauces based on fish. This recipe just goes to show how useful it is to keep a tin of tuna in the cupboard.

Serves 4

4 tbsp virgin olive oil

3 tbsp finely chopped parsley

2 garlic cloves, peeled and finely chopped

1 small chilli pepper, finely chopped

1cm (½in) fresh root ginger, peeled and thinly sliced

450g (1lb) passata or chopped tomatoes

1 × 400g (14oz) tin tuna fish in oil, drained and roughly chopped

375g (13oz) linguine (fresh or dried)

salt and freshly ground black pepper

Step one Heat the oil and gently fry 2 tablespoons of the parsley, the garlic, chilli and the ginger for a few minutes until slightly soft. Add the tomatoes and continue to cook for another few minutes. Stir in the tuna and a little salt.

Step two Meanwhile, cook the fresh or dried pasta according to the packet instructions or until al dente, and drain. Toss with the sauce and serve sprinkled with the remaining parsley and freshly ground pepper to taste.



Linguine with Tuna Fish Sauce

Ravioli with Spinach and Ricotta

The ravioli in this recipe are square (you can make round ravioli too, called *tortelli*), and different sizes are called raviolini, ravioli and ravioloni respectively, from the smallest to the largest. This simple dish is delicious with a fresh tomato sauce.

Serves 4

250g (9oz) fresh spinach

140g (5oz) ricotta cheese

2 tsp freshly grated nutmeg

2 egg yolks

85g (3oz) freshly grated Parmesan

450g (1lb) fresh pasta dough

85g (3oz) unsalted butter

4 sage leaves, finely chopped

salt and freshly ground black pepper

Step one Cook the spinach in a little water, then drain well. Squeeze out the excess moisture and roughly chop, then mix with the ricotta cheese. Stir in the nutmeg, seasoning, egg yolks and 25g (1oz) of the Parmesan.

Step two Roll out the pasta dough on a lightly floured surface to give two pasta sheets about 3mm (less than 1/4in) thick and both about 37 × 23cm (14½ × 9in) in size. Put heaped teaspoons of the filling on one sheet of pasta, 5cm (2in) apart. Cover with the other sheet of pasta. Press gently with your fingers all round the filling to seal the ravioli shapes, without air bubbles. Cut the pasta into squares with a pastry wheel, and lay the ravioli on a tea towel.

Step three Cook the pasta in boiling salted water for around 4-5 minutes or until al dente. Meanwhile, melt the butter. Drain the pasta and mix it with the butter. Scatter with sage and serve with the remaining Parmesan.



For a video masterclass on filling pasta, go to
www.mykitchentable.co.uk/videos/fillingpasta



Ravioli with Spinach and Ricotta

Taglierini with Three Mushrooms

Fresh chanterelles and morels are in season during the spring and early summer and are now available in most large supermarkets. Fresh ceps are available from August until late October. If you can't find the fresh variety, I suggest you use 25g (1oz) each of any two of the mushrooms in their dried form and add 100g (4oz) cultivated oyster mushrooms. If you do this, you will need to soak the dried mushrooms in warm water for around 20 minutes before using.

Serves 4

85g (3oz) butter

1 small onion, finely chopped

55g (2oz) Parma ham, finely chopped

115g (4oz) fresh chanterelles, sliced

115g (4oz) fresh morels, sliced

115g (4oz) fresh ceps, sliced

300g (10½oz) fresh taglierini

85g (3oz) freshly grated Parmesan

salt and freshly ground black pepper

Step one Heat the butter and fry the onion until golden. Add the Parma ham, fry for a few minutes, then add the mushrooms and a little salt and cook for a few minutes until the mushrooms are just softening.

Step two Cook the pasta in boiling salted water for 20 seconds then drain, reserving 1-2 tablespoons of the cooking water. Toss the pasta with the mushrooms and a little of the cooking water just to moisten and add salt and pepper to taste. Sprinkle with Parmesan to serve.



Taglierini with Three Mushrooms

Trofie with Pesto

Trofie is a particular pasta shape from Liguria. It is usually home-made but you can find it in good Italian shops. Alternatively, you can use *strozzapreti* or fusilli instead.

Serves 4

4 garlic cloves

40-50 basil leaves

10g (¼oz) coarse sea salt

50g (2oz) pine kernels

extra-virgin olive oil, as required

50g (2oz) freshly grated Parmesan

500g (1¼lb) dried trofie, *strozzapreti* or fusilli

Step one Put the garlic and basil leaves in a mortar and add the salt, which under the pestle and the power of your elbow will function as a grinder. Also add the pine kernels and reduce to a paste, slowly drizzling in some oil. Incorporate the Parmesan and continue to grind with the pestle, adding enough oil to achieve a very smooth and homogenous sauce of a brilliant green colour.

Step two Boil the pasta in slightly salted water according to the packet instructions. Drain, transfer to a pre-warmed china bowl and mix thoroughly with the pesto sauce. Serve immediately. The sauce should cover each piece of pasta and there should be none left on the plate!