

# Pasta Recipes From Around the World

## *Tips on Cooking Pasta:*

Pasta tastes its very best when eaten right after it's cooked. The golden rule is to cook pasta "al dente" — neither too raw nor too cooked. To taste pasta at its finest, just follow these simple guidelines and cooking times:

- Pour a generous amount of water (1 liter per 100 grams of pasta) into the pot, and place pot on high heat. Add salt (10 grams per liter of water).
- When the water begins to boil, add the pasta to the pot.
- Let the water return to a boil, stirring the pasta from time to time, cooking it per the "boiling time" displayed on the pasta label.
- Use a colander to drain the pasta, and then put the pasta on a plate. Add your favourite sauce, mix well and serve hot.



## *Capellini with Peppers, Tomato, & Prosciutto*

250 grams capellini  
150 grams diced prosciutto  
1 red pepper  
1 green pepper  
1 carrot  
30 grams pine nuts  
3 peeled and chopped tomatoes  
150 grams grated cheese  
Pinch of paprika powder  
Pepper and salt to taste  
Butter or margarine



**Belgium**

Clean or peel the peppers, tomatoes, and carrot and cut them into small pieces. Heat the butter in the pan over low heat and sauté the pine nuts gently until light brown. Then add the pieces of carrot, peppers and prosciutto, turn heat to medium and simmer until all begins to brown. Add the tomatoes and simmer until tomatoes begin to break down. Season the mix with pepper, salt and paprika powder. In the meantime, cook the pasta per the package instructions. Toss the pasta and sauce and sprinkle with the grated cheese.

**Makes 2-3 Servings**

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### ***Penne Rigolletto***

500 grams penne pasta  
300 grams eggplant  
360 grams mozzarella  
cheese  
900 milliliter tomato sauce  
1 tablespoon pesto  
5 grams chopped garlic  
2 tablespoons extra-  
virgin olive oil  
2 egg yolks, beaten  
30 grams wheat flour



**Brazil**

Cut the eggplant in 1 cm wide slices. Beat eggs yolks with fork in shallow bowl. Combine bread crumbs and wheat flour on a dinner plate. Dip the slices of eggplant in beaten egg yolks, and then in bread crumbs mixture to coat. Sauté in olive oil over medium heat until browned. Place them on paper towel to drain and cool. Cut the cooked eggplant and the mozzarella cheese into cubes and set aside. Cook penne pasta "al dente" in a lot of salt water. Drain and set aside. Sauté garlic in olive oil for one minute, then add the pesto, the tomato sauce, the eggplant, and cooked penne pasta. Stir delicately and then add the cubed mozzarella cheese. When the cheese melts, remove from the heat and serve immediately.

**Makes 4 Servings**

### ***Salad with Farfalle, Vegetables & Goat Cheese***

400 grams farfalle  
350 grams red and yellow  
peppers  
250 grams small zucchini  
3-4 fresh thyme springs  
½ bunch fresh basil  
60 grams crottin de chèvre  
(goat cheese)  
100 grams pitted green  
olives  
9 tablespoons extra virgin  
olive oil  
Salt and pepper



**France**

Cook the farfalle in 4 liters of salted boiling water until al dente. Meanwhile, trim and dice the zucchini, then sauté with 4 tablespoons of the olive oil for several minutes, seasoning with salt and pepper. Set aside. Cube the goat cheese and set aside. Wash and chop the herbs; set aside. Wash peppers, cut in two and discard seeds and white filaments. Grill peppers and cut them in cubes; set aside. When pasta is cooked, rinse in cool water and drain. Put the pasta in a salad-bowl, tossing with two tablespoons of olive oil. Add zucchini, peppers, aromatic herbs, goat cheese, olives and the rest of oil. Mix and serve.

**Makes 4 Servings**

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## *Spaghetti with Tomatoes and Basil*

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350 grams spaghetti  
500 grams tomatoes (preferably San Marzano tomatoes)  
50 grams extra virgin olive oil  
30 grams white onion, minced  
10 basil leaves  
4 tablespoons Parmigiano-Reggiano  
Salt and pepper to taste



Italy

Dip the tomatoes into boiling water for about ten seconds and place in a bowl of ice water for 1 minute. Remove from ice water, and dry. Peel them, remove the seeds and cut them in slices. In a saucepan, brown the minced onion in the olive oil, then add the tomatoes. Season with salt and pepper. Cook for about ten minutes. Cook the pasta in plenty of salted water, drain it and add it to the sauce. Garnish with basil leaves and sprinkle with the grated Parmigiano Reggiano cheese before serving.

**Makes 4 Servings**

## *Sopa Seca de Fideos*

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500 grams fideos (thin pasta)  
6 medium tomatoes, blanched and peeled  
2-3 tablespoons olive oil  
1/2 white onion, chopped  
2-3 cloves garlic, peeled  
500 milliliters chicken stock  
Parsley, finely chopped  
Grated queso anejo, to taste  
Avocado slices (optional)



Mexico

Puree the tomatoes, garlic and onion in the blender until fairly smooth. Heat the olive oil in a large, deep skillet over low heat and add the dry fideos. Stir the fideos until they turn uniformly brown, then remove with slotted spoon and set aside. Add the tomato mixture to the skillet with additional olive oil if necessary, and simmer over medium heat for several minutes. Add 3/4 of the chicken stock and bring to a boil. Add the fideos to the tomato-stock mixture, and then bring heat back to low. Add the salt and parsley. The dish is done when the fideos are cooked and there is no more water in the pan (you may need to add the other 1/4 of stock). Stir in the queso and garnish with avocado slices.

**Makes 3 Servings**

### *Creamy Aletria*

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125 grams Aletria pasta  
1/2 dL water  
300 grams of sugar  
1 cinnamon stick  
5 egg yolks  
Port wine  
Zest of one lemon  
1 Tablespoon butter  
Ground Cinnamon



Portugal

Bring water, sugar, lemon zest, salt, and cinnamon to boil in a medium saucepan. Add the pasta and cook until al dente, breaking up with a medium spoon if necessary. Meanwhile, in a separate bowl, mix the yolks with a tablespoon of the cooking water with a fork until well blended. When pasta is done cooking, drain well and return to pot, and place pot over low heat. Immediately add the butter and toss to coat the pasta. Add the egg yolk mixture and stir until egg has thickened. Serve in individual cups or a serving dish, sprinkling with cinnamon before serving.

**Makes 4 Servings**

### *Fideua Valenciana*

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1500 grams cut tubettini  
5 Norway Lobsters, cooked  
5 prawns, cooked  
10 shrimp, cooked  
5 slices angler fish, cooked  
200 grams very ripe tomatoes, peeled, seeded, drained, or a tin of peeled tomatoes  
4 tablespoons extra virgin olive oil  
1/2 onion, chopped  
2 cloves garlic, minced  
1 sprig parsley  
Strands of saffron, crushed  
1 1/2 liters fish stock (made with heads of angler fish and hake, a few clams, carrot, onion, garlic, parsely, bay leaf, pepper and salt)

In a big frying pan, gently sauté the chopped onion. When it begins to brown, add the finely chopped tomatoes. Then add the garlic, parsely, and saffron. Stir carefully and simmer. Meanwhile, remove the meat from the cooked lobsters, prawns, shimp, and angler fish, and add to tomato mixture. Add fish stock and bring to a boil. Sprinkle in the pasta, stir well and leave on moderate heat until pasta is cooked. Allow dish to rest, covered, and off the heat for several minutes before serving.

**Makes 4 Servings**



Spain