

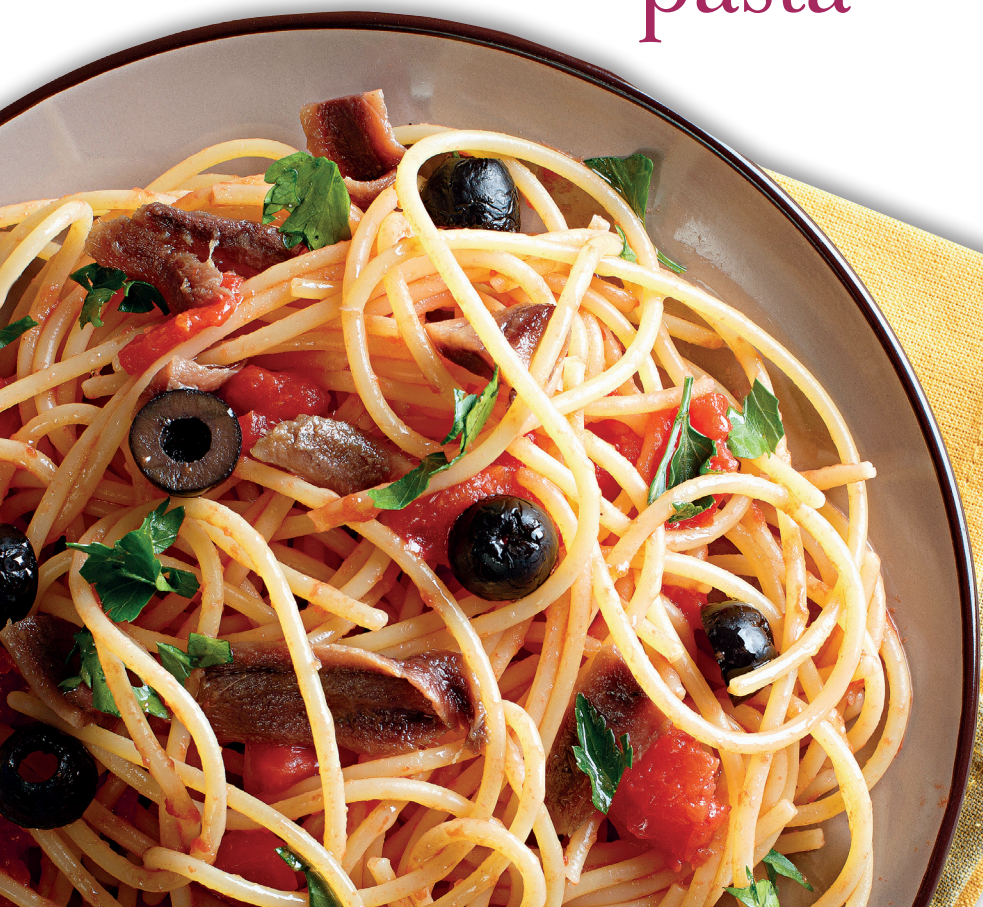
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classic & modern pasta



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classic & modern pasta

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introduction

Pasta is the ultimate comfort food. It works for any occasion, it's easy to prepare and it's always enough to feed a crowd. Without denying the fact that a good dish of hot spaghetti, dressed with extra virgin olive oil, a bit of butter, salt and pepper can be sublime in its simplicity, in this book we also wanted to include more adventurous, creative flavors for everyone to enjoy.



classic & modern pasta



When it comes to pasta, the shape defines the sauce that goes best with it, so having some knowledge about the different pasta varieties can definitively be an advantage.

Types of Pasta

- Angel hair is made of very fine, long strands. It can be used with light sauces, for stir-fries in a wok or for other Oriental specialties.
- Farfalle (bow tie pasta or butterflies) are fit to hold sauces with minced meat or juicy vegetables like tomatoes or zucchini. They are also great for making cold pasta salads.
- Fettucce, fettuccine, tagliatelle and pappardelle are wide types of pasta often served with meat sauces, creamy sauces, white sauces and fish.
- Gnocchi are small, soft dumplings traditionally made from potato, flour and egg. They are suitable for creamy, rich sauces and strong cheeses (gorgonzola, roquefort, camembert).



- Lasagna is a wide, flat sheet of pasta. It is filled and baked in layers, and it requires fairly liquid sauces that can be absorbed by the dough as it cooks.

- Penne or penne rigatti (feathers, plain or striped) is a tube-shaped pasta that is cut diagonally at both ends. In general, all types of tube-shaped pasta go well with most sauces and toppings, especially abundant vegetable-based sauces, as they have little absorption surface.

- Ravioli, tortellini, tortelli, cappelletti, and in general all filled pasta can be served with most sauces, in soups, or just with olive oil. These types of pasta need lighter sauces, which combine with the filling.

- Spaghetti, spaghettini, linguine, and bucatini are long, cylindrical-shaped noodles with a firm consistency. They combine well with shellfish, carbonara or Bolognese sauces, as well as with pesto. They can also work in casseroles and stews.

Difficulty scale

■ □ □ | Easy to do

■ ■ □ | Requires attention

■ ■ ■ | Requires experience

pasta

with rocket pesto

■ □ □ | Cooking time: 15 minutes – Preparation time: 5 minutes

ingredients

- > 500 g/1 lb fettuccine
- > Parmesan cheese shavings

rocket pesto

- > 250 g/8 oz rocket
- > 60 g/2 oz pine nuts
- > 30 g/1 oz Parmesan cheese, grated
- > 2 cloves garlic, crushed
- > 3 tablespoons olive oil

method

1. Cook pasta in boiling water in a large saucepan following packet directions. Drain, set aside and keep warm.
2. To make pesto, place rocket, pine nuts, Parmesan cheese and garlic in a food processor or blender and process to finely chop. With machine running, slowly add oil and process until smooth.
3. Add pesto to hot pasta and toss to combine. Serve topped with Parmesan cheese shavings.

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Serves 4

tip from the chef

Serve this tasty pasta dish with a light sauté. To make sauté, place a tablespoon of olive oil in a frying pan. Add 1 sliced onion and 1 tablespoon minced garlic and cook over a medium heat until soft. Add 1 chopped eggplant and 2 sliced green peppers and cook, stirring frequently, for 5 minutes. Add 440 g/14 oz canned tomatoes and cook, stirring occasionally, for 10-15 minutes longer or until eggplant is soft.





spaghetti

bolognese

■ □ □ | Cooking time: 45 minutes – Preparation time: 10 minutes

method

1. Cook spaghetti in boiling water in a large saucepan following packet directions. Drain, set aside and keep warm.
2. To make sauce, heat oil in a frying pan over a medium heat, add onion and garlic and cook, stirring, for 3 minutes or until onion is golden. Add beef and mushrooms and cook, stirring, for 5 minutes longer or until beef is brown. Drain off excess fat.
3. Stir tomatoes, wine, tomato paste (purée) and Worcestershire sauce into pan and bring to the boil. Reduce heat and simmer, stirring occasionally, for 25 minutes or until mixture reduces and thickens.
4. Spoon sauce over spaghetti, sprinkle with parsley and Parmesan cheese and serve.

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Serves 4

ingredients

- > 500 g/1 lb wholemeal spaghetti
- > 2 tablespoons chopped fresh parsley
- > 60 g/2 oz Parmesan cheese, grated

bolognese sauce

- > 1 tablespoon olive oil
- > 1 onion, chopped
- > 1 clove garlic, crushed
- > 300 g/10 oz lean beef mince
- > 125 g/4 oz button mushrooms, sliced
- > 440 g/14 oz canned tomatoes, drained and mashed
- > ¼ cup/60 ml/2 fl oz red wine
- > 2 tablespoons tomato paste (purée)
- > 1 tablespoon Worcestershire sauce

tip from the chef

Other pastas such as penne, fettuccine and pappardelle are also good choices for this ever popular dish. Choose wholemeal varieties for added fiber.



pasta

with herb sauce

■ □ □ | Cooking time: 15 minutes – Preparation time: 10 minutes

ingredients

> 500 g/1 lb mixed colored spiral pasta

herb sauce

> 1 tablespoon olive oil
 > 1 small onion, chopped
 > 1 clove garlic, crushed
 > 2 tablespoons flour
 > ½ cup vegetable stock
 > 1 cup low fat natural yogurt
 > 2 tablespoons finely chopped fresh parsley
 > 2 tablespoons finely chopped fresh basil
 > 2 tablespoons finely chopped fresh chives
 > freshly ground black pepper

method

1. Cook pasta according to package directions. Drain and keep warm.
2. To make sauce, heat oil in a saucepan and cook onion and garlic for 2-3 minutes. Stir in flour and stock and continue to cook until sauce thickens.
3. Stir in yogurt and heat gently. Mix in parsley, basil and chives. Season with pepper to taste.
4. Spoon sauce over pasta and serve garnish with additional fresh herbs if desired.

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Serves 4

tip from the chef

This sauce is also great poured over steamed vegetables. You can use it as an original alternative to cream and white sauce. While pasta is cooking on the stovetop, you can make sauce in the microwave. Place oil, onion and garlic in a microwave-safe jug; cook on High (100%) for 2 minutes. Stir in flour and stock. Cook on High (100%) for 2 minutes, until sauce thickens. Add yogurt; cook on Medium (50%) for 2 minutes, until just heated through. Mix in herbs and season with black pepper to taste.



fettuccine

with pumpkin sauce

■ □ □ | Cooking time: 15 minutes - Preparation time: 10 minutes

method

1. Bring a large saucepan of water to the boil, add fettuccine and cook until just tender. Drain.
2. Meanwhile heat cream in a large deep frying pan until reduced by half.
3. Whisk in mashed pumpkin, pepper and nutmeg, gently stir in chives and pumpkin strips.
4. Add fettuccine and toss gently. Serve immediately.

ingredients

- > 500 g/1 lb fettuccine
- > 2 cups thickened cream
- > ¾ cup cooked mashed pumpkin
- > ¼ teaspoon ground black pepper
- > ½ teaspoon ground nutmeg
- > 1 teaspoon chopped chives
- > 1 cup pumpkin, cut into strips, blanched

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Serves 4

tip from the chef

Even though this dish is ideal for vegetarians, those who eat meat can add 2 spoonfuls of fried bacon cubes to the sauce.



leek & mushroom soup

■ □ □ | Cooking time: 30 minutes - Preparation time: 15 minutes

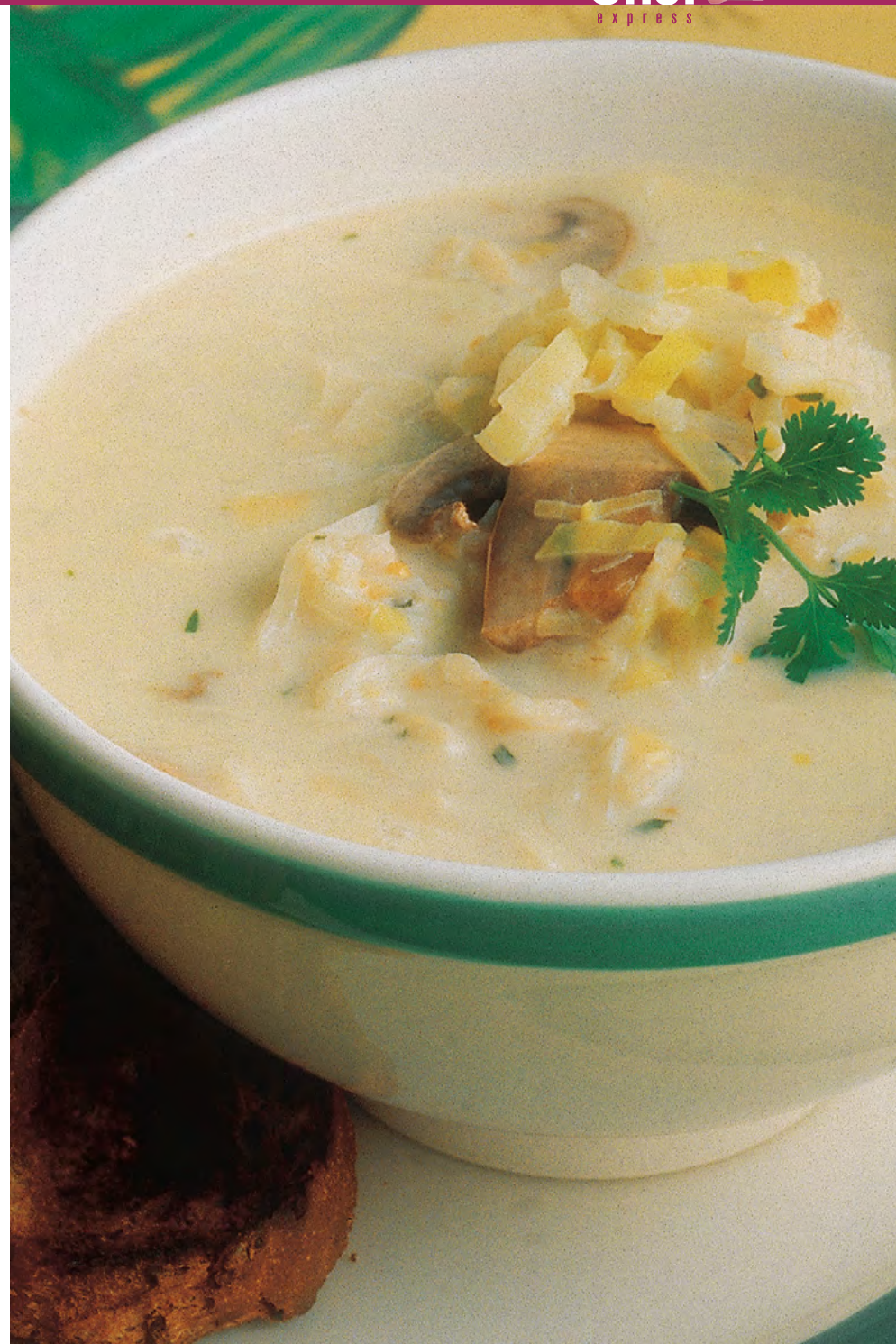
ingredients

- > 1 tablespoon butter
- > 1 leek, thinly sliced
- > ½ tablespoon yellow mustard seeds
- > 100 g/3½ oz button mushrooms, sliced
- > ½ tablespoon chopped fresh thyme or ½ teaspoon dried thyme
- > 1½ cups/375 ml/ 12 fl oz vegetable stock
- > 50 g/1½ oz risoni pasta
- > 2 tablespoons cream

method

1. Melt butter in a large saucepan over a medium heat, add leek and mustard seeds and cook, stirring, for 5 minutes or until leek is soft and golden.
2. Add mushrooms and thyme to pan and cook for 5 minutes longer. Add stock and pasta, bring to the boil, then reduce heat and simmer for 15 minutes or until pasta is tender. Stir in cream and simmer for 5 minutes longer.

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Serves 1



tip from the chef

Risoni pasta is a small rice shaped pasta used mainly in soups. Any other small shaped pasta can be used instead.

ricotta

herb fettuccine

■□□ | Cooking time: 20 minutes – Preparation time: 10 minutes

method

1. Cook pasta in boiling water in a large saucepan following packet directions. Drain and place in a bowl.
2. Combine ricotta cheese, Pecorino cheese, butter, orange rind, chives, thyme, parsley and black pepper to taste. Add ricotta mixture to pasta and toss to combine.
3. Spoon mixture into an 8-cup/2-liter/ 3½-pt capacity ovenproof dish, cover with aluminum foil and bake at 180°C/350°F/Gas 4 for 8-10 minutes or until mixture is heated through.

ingredients

- > 350 g/11 oz fettuccine
- > 155 g/5 oz ricotta cheese
- > 60 g/2 oz Pecorino cheese, grated
- > 30 g/1 oz butter
- > 1 tablespoon finely grated orange rind
- > 2 tablespoons snipped fresh chives
- > 2 tablespoons chopped fresh thyme
- > 2 tablespoons chopped fresh parsley
- > freshly ground black pepper

.....
Serves 4

tip from the chef

If you prefer a more creamy sauce, add ½ cup cream to the cottage cheese mixture.



vegeroni vegetable bake with cheese

■ ■ □ | Cooking time: 50 minutes - Preparation time: 15 minutes

ingredients

- > 250 g/½ lb packet vegeroni
- > 1 tablespoon oil
- > 1 onion, chopped
- > 1 carrot, chopped
- > 1 stick celery, chopped
- > 1 zucchini, chopped
- > 1 cup broccoli flowerets
- > 400 g/13 oz tomatoes, undrained
- > ¼ cup tomato paste mixed with ¼ cup water
- > 1 clove garlic, crushed
- > 250 g/½ lb grated mozzarella cheese

method

1. Cook vegeroni in large pot of boiling water until tender, drain, pour into base of shallow ovenproof dish.
2. Heat oil in pan, cook onion, carrot and celery 10 minutes; stirring occasionally. Add zucchini, broccoli, tomatoes, tomato paste and garlic. Cook, stirring occasionally, 20 minutes. Add a little water from time to time to keep it moist. Mixture should not be dry.
3. Add vegetable mixture to vegeroni, mix well. Sprinkle with grated cheese. Bake in moderate oven 10 minutes or until cheese melts and vegeroni are heated through. Serve with salad.

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Serves 4-6



tip from the chef

Vegeroni can be replaced by any other pasta you may have available.





spaghetti with ratatouille sauce

■ □ □ | Cooking time: 50 minutes - Preparation time: 10 minutes

method

1. Cook pasta according to package directions. Drain and keep warm.
2. To make sauce, place eggplant, onion, garlic, green pepper, zucchini, tomatoes, wine, basil, thyme, oregano and black pepper to taste in a nonstick frying pan. Cook over low heat for 30-45 minutes, stirring occasionally.
3. Spoon sauce over pasta and serve sprinkled with a little grated Parmesan cheese.

.....
Serves 4

ingredients

> 500 g/1 lb wholemeal spaghetti

ratatouille sauce

- > 1 eggplant, diced
- > 1 large onion, sliced
- > 1 clove garlic, crushed
- > 1 green pepper, diced
- > 2 zucchini, diced
- > 500 g/1 lb tomatoes, peeled and roughly chopped
- > ½ cup dry white wine
- > 1 tablespoon finely chopped fresh basil
- > ½ teaspoon dried thyme
- > ½ teaspoon dried oregano
- > freshly ground black pepper
- > 2 tablespoons grated Parmesan cheese

tip from the chef

The combination of pasta and vegetables saves fat and add fiber, which is good for a healthy heart. You can also eat this delicious and versatile ratatouille on its own, hot or cold.



tomato and artichoke pasta

■ □ □ | Cooking time: 35 minutes - Preparation time: 8 minutes

ingredients

- > 1 tablespoon olive oil
- > 1 onion, chopped
- > 2 cloves garlic, crushed
- > 4 large ripe tomatoes, peeled and chopped
- > 2 tablespoons chopped fresh basil
- > 2 tablespoons chopped fresh parsley
- > 425 g/13½ oz canned artichoke hearts, drained and halved
- > 375 g¾ lb dried pasta

method

1. Heat oil in a saucepan, add onion and garlic, stir over heat until onion is tender. Add tomatoes, basil and parsley, bring to the boil, reduce heat, cover, simmer 30 minutes or until sauce has reduced and thickened. Add artichokes.
2. Cook pasta in a large saucepan of boiling salted water according to packet directions, drain. Serve pasta with sauce.

.....
Serves 4



tip from the chef

The combination of dry pasta with vegetables is very recommendable as it has a low fat content, excellent fiber contribution and provides great satiety. For variation, use canned asparagus in place of artichoke hearts.



crispy noodles

with lime pickle



■ □ □ | Cooking time: 50 minutes - Preparation time: 15 minutes

method

1. To make pickle, place limes, shallots, salt and water in a saucepan and cook, stirring occasionally, over a medium heat for 10-15 minutes or until limes are tender. Stir in sugar (a), vinegar, fish sauce and mustard seeds and simmer, stirring frequently, for 30 minutes or until pickle is thick.
2. Place noodles in a bowl, pour over boiling water (b) to cover and stand for 10 minutes or until soft. Drain well. Add chilies, shallots, coriander, basil and shrimp paste (if using) to noodles and mix well.
3. Heat oil in a large frying pan over a medium heat, place small handfuls of noodle mixture in pan, shape into a rough round and flatten with a spatula (c). Cook for 3-4 minutes each side or until golden and crisp. Drain on absorbent kitchen paper and serve with pickle.

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Serves 6

ingredients

- > 220 g/7 oz cellophane noodles
- > 6 small fresh red chilies, finely sliced
- > 4 red or golden shallots, finely chopped
- > 30 g/1 oz fresh coriander leaves, chopped
- > 30 g/1 oz fresh basil leaves, chopped
- > 1 tablespoon roasted shrimp paste (optional)
- > ¼ cup/60 ml/2 fl oz peanut oil

lime pickle

- > 4 limes, sliced
- > 6 red or golden shallots, sliced
- > 1 tablespoon salt
- > ½ cup/125 ml/4 fl oz water
- > ½ cup/90 g/3 oz brown sugar
- > ¼ cup/60 ml/2 fl oz vinegar
- > 1 tablespoon Thai fish sauce
- > 1 tablespoon black mustard seeds

tip from the chef

When making the pickle take care not to let it catch on the bottom of the pan. The pickle can be made in advance and stored in the refrigerator or if keeping for more than 2 weeks seal in a sterilized jar.



bows with mushrooms and peas

■ □ □ | Cooking time: 15 minutes - Preparation time: 10 minutes

ingredients

- > 250 g/8 oz pasta bows
- > 2 tablespoons olive oil
- > 6 spring onions, chopped
- > 125 g/4 oz button mushrooms, sliced
- > 125 g/4 oz shelled fresh or frozen peas
- > 1 teaspoon sugar
- > 2 tablespoons chicken stock or water
- > freshly ground black pepper

method

1. Cook pasta in boiling salted water following packet directions until *al dente*. Drain, return to pan and set aside to keep warm.
2. Heat oil in a saucepan over moderate heat, add spring onions and mushrooms and cook, stirring, for 3 minutes. Add peas, sugar, stock or water to pan, season to taste with black pepper and bring to the boil. Reduce heat and simmer briskly for 5 minutes (2 minutes if using frozen peas).
3. Pour sauce over pasta, toss well and serve.

.....
Serves 2



tip from the chef

You can add 6 slices of prosciutto or ham, shredded if you want. Add it when cooking peas.





cheesy noodles

■□□ | Cooking time: 15 minutes - Preparation time: 5 minutes

method

1. Prepare noodles according to packet directions. Drain, add sour cream and black pepper to taste and toss to combine.
2. Divide noodle mixture between two heatproof serving dishes and sprinkle with cheese. Place under a preheated hot grill and cook for 3-4 minutes until cheese melts and is golden.

ingredients

- > 2 x 90 g/3 oz packets quick-cooking noodles
- > 4 tablespoons sour cream
- > freshly ground black pepper
- > 60 g/2 oz tasty cheese (mature Cheddar), grated

.....
Serves 2

tip from the chef

Accompany with a salad made of the lettuce or lettuces of your choice, cherry tomatoes, chopped or sliced red or green peppers and chopped or sliced cucumber tossed with a French dressing. Mixtures of fresh salad greens are available from many greengrocers and supermarkets. These are an economical and easy alternative to buying a variety of lettuces and making your own salads of mixed lettuce leaves.



cannelloni

with crab

■ □ □ | Cooking time: 50 minutes - Preparation time: 15 minutes

ingredients

- > 12 large cannelloni tubes
- > oil for frying
- > 750 g/1½ lb crabmeat
- > 250 g/8 oz mayonnaise
- > freshly ground black pepper
- > 2 tablespoon freshly squeezed lemon juice
- > 1 teaspoon paprika
- > basil leaves, for garnish
- > lemon, cut in wedges

method

1. Preheat oven to 180 °C/350 °F/Gas 4. Cook cannelloni in boiling salted water until *al dente*. Drain and cool.
2. Sauté cannelloni in hot oil for 5 minutes until crisp. Remove and drain on paper towels.
3. Combine crabmeat, mayonnaise, pepper to taste and lemon juice and spoon into cannelloni tubes. Place filled cannelloni tubes in a shallow ovenproof dish, sprinkle with paprika and bake for 15 minutes or until heated through.
4. Garnish with basil and lemon. Serve hot.

.....
Serves 6



tip from the chef

For another tasty version, replace crab with lobster meat.



courgette and mushroom pasta sauce



■ □ □ | Cooking time: 35 minutes - Preparation time: 10 minutes

method

1. Heat butter in a saucepan, add onions, stir over moderate heat until tender.
2. Add tomatoes, tomato purée, chicken, mushrooms, courgettes, oregano and bay leaves, bring to the boil, cover, reduce heat, simmer 30 minutes or until sauce has reduced and thickened.
3. To serve, spoon sauce over pasta, sprinkle with Parmesan cheese. Garnish with fresh herbs, cheese, and garnish with fresh herbs.

ingredients

- > 60 g/2 oz butter
- > 2 onions, chopped
- > 440 g/14 oz chopped canned tomatoes, undrained
- > 2 tablespoon tomato purée
- > 150 g/5¼ oz cooked chicken, sliced
- > 125 g/4 oz mushrooms, sliced
- > 4 courgettes, sliced
- > 1 tablespoon chopped fresh oregano
- > 2 bay leaves
- > 375 g/12 oz pasta of your choice, cooked
- > 15 g/½ oz grated Parmesan cheese

.....
Serves 4

tip from the chef

This sauce can be paired perfectly with spaghetti. It can also be used as a substitute in any recipe that calls for pasta sauce, like lasagna.



pasta with roasted tomatoes

■ ■ □ | Cooking time: 45 minutes - Preparation time: 15 minutes

ingredients

- > 2 tablespoons olive oil
- > 16 Italian tomatoes, quartered
- > 32 cloves garlic, unpeeled
- > sea salt
- > 500 g/1 lb fresh fettuccine

mint pesto

- > 1 large bunch fresh mint
- > 4 tablespoons grated Parmesan cheese
- > 1 clove garlic, crushed
- > 3 tablespoons pine nuts
- > 3 tablespoons olive oil

method

1. Place oil, tomatoes and garlic in a large baking dish. Toss to coat and sprinkle with sea salt. Bake at 180°C/350°F/Gas 4 for 35 minutes or until garlic is deep brown in color. Keep warm.
2. To make pesto, place mint leaves, Parmesan cheese, garlic and pine nuts in a food processor or blender and process until finely chopped. With machine running, gradually add oil and continue processing until a thick paste forms.
3. Cook pasta in boiling water in a large saucepan following packet directions. Drain and keep warm.
4. Just prior to serving, remove skin from garlic cloves. To serve, divide hot pasta between serving plates, then top with some of the roasted tomatoes and roasted garlic and a spoonful of pesto.

.....
Serves 8

tip from the chef

When garlic is roasted it loses its pungent strong taste and odor and becomes sweet and subtle. If Italian tomatoes are unavailable, this recipe can be made using small ordinary tomatoes.





fettuccine

with caviar

■ □ □ | Cooking time: 20 minutes - Preparation time: 5 minutes

method

1. Cook fettuccine in a saucepan of boiling salted water until *al dente*.
2. Meanwhile, melt butter in a large frying pan over moderate heat. Add the pepper strips and spring onions, cook for 1 minute.
3. Add cream, bring to a boil, then simmer for 3 to 5 minutes, or until cream begins to thicken.
4. Add scallops and pepper, and cook until the scallops are opaque, about 1 minute. Drain fettuccine. Pour scallop sauce, sprinkle with parsley and caviar. Top with cherry tomatoes and serve warm.

ingredients

- > 500 g/1 lb fettuccine
- > 4 spring onions, chopped
- > 375/12 fl oz double cream
- > 500 g/1 lb scallops, deveined
- > freshly ground black pepper, to taste
- > 1 tablespoon fresh parsley, chopped
- > 2 tablespoons caviar
- > 100 g/3½ oz cherry tomatoes

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Serves 4

tip from the chef

This dish is easy enough for a quick midweek meal, and sophisticated enough for an elegant dinner party.



basil and almond soup

■ □ □ | Cooking time: 25 minutes – Preparation time: 10 minutes

ingredients

- > 4 tablespoons oil
- > 1 onion, chopped
- > 2 cloves garlic, crushed
- > ¼ cup slivered almonds
- > 4 cups chicken stock
- > ¼ teaspoon cracked black peppercorns
- > ¼ cup fresh basil, chopped
- > 1 cup broken pieces of spaghetti
- > grated cheese (optional)

method

1. Heat oil in a large saucepan over medium heat. Add onion, garlic and almonds, cook until onion is transparent.
2. Stir in stock, pepper and basil, cover and simmer for 10 minutes.
3. Bring a large saucepan of water to the boil, add spaghetti and cook until just tender, approximately 8 minutes. Drain pasta and add to the soup.
4. Serve immediately and top with grated cheese if desired.

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Serves 4



tip from the chef

In Step 1, check that the onion does not get brown to avoid the soup from becoming bitter.



gnocchi

with herb sauce



■ □ □ | Cooking time: 5 minutes - Preparation time: 15 minutes

method

1. Cook gnocchi in a large saucepan of boiling water following packet directions. Drain and keep warm.
2. To make sauce, place parsley, sage, basil, pine nuts and Parmesan cheese in a food processor or blender and process until combined. Add mayonnaise, stock and black pepper to taste and process until combined.
3. Spoon herb sauce over hot gnocchi and serve immediately.

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Serves 4

ingredients

> 750 g/1½ lb potato gnocchi

fresh herb sauce

- > 2 tablespoons roughly chopped fresh parsley
- > 2 tablespoons roughly chopped fresh sage
- > 2 tablespoons roughly chopped fresh basil
- > 2 tablespoons pine nuts
- > 1 tablespoon grated Parmesan cheese
- > 1 tablespoon mayonnaise
- > 1 tablespoon vegetable stock
- > freshly ground black pepper

tip from the chef

Accompany with steamed green vegetables of your choice or a salad and wholemeal bread rolls.



fettuccine

with lemon

■ □ □ | Cooking time: 15 minutes – Preparation time: 5 minutes

ingredients

- > 60 g/2 oz unsalted butter
- > 250 ml/8 fl oz double cream
- > 1 tablespoon grated lemon zest
- > 500 g/1 lb green fettuccine
- > salt, to taste
- > freshly ground black pepper
- > 60 g/2 oz grated Parmesan cheese, optional

method

1. Melt butter in a saucepan over gentle heat. Add cream and lemon zest, stir over heat until the mixture turns a creamy yellow.
2. Cook fettuccine in boiling salted water until *al dente*, drain. Place in a heated bowl and add cream mixture. Toss to combine well. Season to taste with salt and freshly ground pepper.
3. Serve immediately with grated Parmesan cheese.

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Serves 4



tip from the chef

This recipe works with any kind of long flat pasta, such as tagliatelle, pappadelle or linguine.



pasta

and spinach terrine



■ ■ □ | Cooking time: 50 minutes - Preparation time: 15 minutes

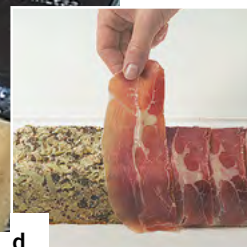
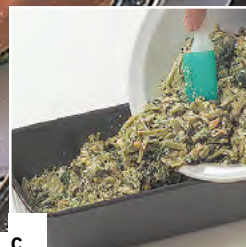
method

1. Melt butter in a frying pan over a low heat, add onion and garlic and cook, stirring, for 4-5 minutes or until onion is soft. Set aside.
2. Cook fettuccine in boiling water in a large saucepan following packet directions. Drain, rinse under cold running water and set aside.
3. Place ricotta cheese, spinach, Parmesan cheese, pine nuts, basil, eggs, sour cream and black pepper to taste in a bowl and mix (a) until smooth.
4. Chop fettuccine (b), add to spinach mixture and mix to combine. Spoon mixture into an oiled and lined 11 x 21 cm/4½ x 8½ in loaf tin (c) and cover with aluminum foil. Place tin in a baking dish with enough water to come halfway up the sides of tin and bake at 180°C/350°F/Gas 4 for 35-40 minutes or until firm.
5. Stand terrine in tin for 10 minutes, then turn out and set aside to cool. Wrap prosciutto or ham slices around terrine (d) to completely encase.

ingredients

- > 30 g/1 oz butter
- > 1 large onion, finely chopped
- > 2 cloves garlic, crushed
- > 250 g/8 oz spinach fettuccine
- > 250 g/8 oz ricotta cheese
- > 250 g/8 oz frozen spinach, thawed, drained and puréed
- > 4 tablespoons grated Parmesan cheese
- > 45 g/1½ oz pine nuts, toasted and chopped
- > 3 tablespoons chopped fresh basil
- > 5 eggs, lightly beaten
- > ½ cup/125 g/4 oz sour cream
- > freshly ground black pepper
- > 12 slices prosciutto or ham

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Serves 8



linguine

with anchovy sauce

■ □ □ | Cooking time: 15 minutes - Preparation time: 5 minutes

ingredients

- > 250 g/8 oz linguine or spaghetti
- > 90 ml/3 fl oz olive oil
- > 2 cloves garlic, crushed
- > 45 g/1½ oz canned anchovy fillets, drained
- > 440 g/14 oz chopped canned tomatoes in juice, crushed
- > 60 g/2 oz black olives, pitted
- > 3 tablespoons chopped fresh parsley
- > freshly ground black pepper

method

1. Cook pasta in boiling salted water following packet directions until *al dente*. Drain.
2. Heat oil in a heavy-based saucepan over moderate heat, add garlic and anchovies and cook, stirring, for 5 minutes or until anchovies dissolve.
3. Add tomatoes and olives to pan and bring to a boil. Reduce heat and simmer, stirring, for 5 minutes or until thickened. Add parsley and season to taste with black pepper. Add drained, hot pasta to sauce and toss to combine. Serve immediately.

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Serves 4

tip from the chef

Finishing the pasta in the sauce ensures that it will absorb all of the sauce flavors.



pasta &

salami salad

■ □ □ | Cooking time: 15 minutes - Preparation time: 5 minutes

method

1. Bring a large saucepan of water to the boil, add the pasta and cook until *al dente*, drain.
2. Heat the oil over moderate heat in a large frying pan. Add the garlic and pinenuts, cook, stirring constantly for 1 minute.
3. Stir in the salami, parsley and pasta and serve immediately.

ingredients

- > 250 g/8 oz rigatoni
- > 3 tablespoon olive oil
- > 2 cloves garlic, crushed
- > 100 g/3½ oz salami, sliced
- > 1 tablespoon chopped fresh parsley

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Serves 4

tip from the chef

This dish is perfect for a summer picnic or dinner.



noodle

baskets with vegetables

■ ■ □ | Cooking time: 15 minutes – Preparation time: 10 minutes

ingredients

- > 1 teaspoon sesame oil
- > 1 tablespoon vegetable oil
- > 3 spring onions, sliced
- > 1 tablespoon finely grated fresh ginger
- > 2 cloves garlic, crushed
- > 1 carrot, sliced
- > 1 red pepper, cut into thin strips
- > 250 g/8 oz asparagus, cut into 5 cm/2 in lengths
- > 125 g/4 oz oyster mushrooms
- > 60 g/2 oz canned baby sweet corn cobs
- > ¼ cup/60 ml/2 fl oz soy sauce
- > 1 tablespoon honey

noodle baskets

- > 125 g/4 oz fresh thin egg noodles, cooked and drained well
- > vegetable oil for deep-frying

method

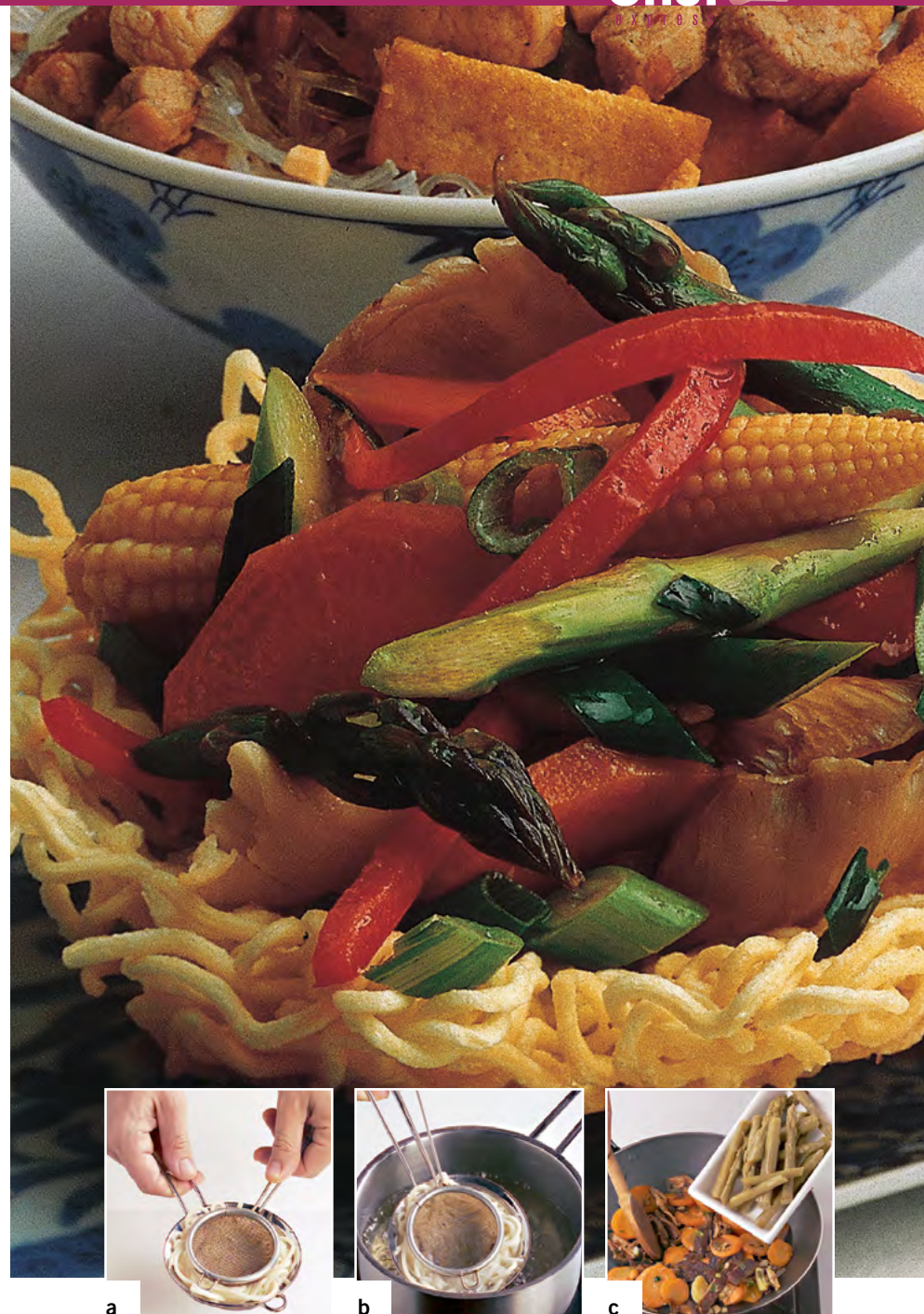
1. To make baskets, divide noodles into four equal portions. Use one portion of noodles to line a medium-sized metal sieve, then press another smaller metal sieve over the noodles to form a basket shape (a).
2. Heat oil in a wok over a high heat until a cube of bread dropped in browns in 50 seconds. Deep-fry noodle baskets (b) for 2 minutes or until noodles are crisp and golden. Turn basket onto absorbent kitchen paper to drain and repeat with remaining noodles to make four baskets.
3. Heat sesame oil and 1 tablespoon vegetable oil together in a clean wok over a medium heat, add spring onions, ginger and garlic and stir-fry for 2 minutes. Add carrot, red pepper and asparagus (c) and stir-fry for 3 minutes.
4. Add mushrooms, corn, soy sauce and honey and stir-fry for 2 minutes or until heated through. Spoon vegetables into noodle baskets.

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Serves 4



tip from the chef

Noodle baskets can be made several hours in advance, however do not cook the vegetables and fill the baskets until immediately prior to serving.





penne

with bacon & walnuts

■ □ □ | Cooking time: 20 minutes - Preparation time: 10 minutes

method

1. Bring a large saucepan of salted water to the boil, add the penne and cook until just tender, drain.
2. Meanwhile heat the oil in a large frying pan over moderate heat. Add the garlic, cook for 1 minute. Add the bacon and cook for a further 2 minutes. Add the basil, pepper and walnuts and heat through.
3. Toss pasta with bacon and walnuts and serve immediately topped with Parmesan cheese and beet sprouts.

ingredients

- > 500 g/1 lb penne
- > 3 tablespoon olive oil
- > 2 cloves garlic, crushed
- > 6 bacon rashers, finely chopped
- > 2 tablespoon chopped fresh basil
- > freshly ground black pepper
- > 60 g/2 oz walnuts, roughly chopped
- > 30 g/1 oz grated Parmesan cheese
- > beet sprouts, for garnish

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Serves 4

tip from the chef

If preferred, replace the Parmesan cheese with an equal quantify of grated Gorgonzola or Stilton cheese.



pork

teriyaki pasta

■ □ □ | Cooking time: 15 minutes - Preparation time: 5 minutes

ingredients

- > 500 g/1 lb fettuccine
- > ½ tablespoon freshly ground black pepper

teriyaki cream sauce

- > 250 g/8 oz pork leg steak, trimmed and pounded thinly
- > 1 tablespoon olive oil
- > 30 g/1 oz butter
- > 20 small mangetout, strings removed
- > 1 red pepper, diced
- > 1 cup broccoli flowerets
- > 1 tablespoon teriyaki sauce
- > 250ml/8 fl oz double cream

method

1. To make sauce, cut pork into small medallions or strips. Heat oil and butter in a frying pan over moderately-high heat, add pork and stir-fry for 4-5 minutes or until Golden and almost cooked.
2. Add mangetout, red pepper diced, broccoli flowerets, and stir-fry for 1 minute more. Add teriyaki sauce and cream to pork and simmer until sauce bubbles and slightly thickens.
3. Cook pasta in boiling salted water to which a little oil has been added for 3-4 minutes or until *al dente*. Drain well, season with black pepper and transfer to warm serving plates. Spoon pork mixture with sauce over pasta and serve.

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Serves 4



tip from the chef

Chicken can be substituted for pork for an equally delicious version of this dish.



ravioli

with dill pesto

■ ■ □ | Cooking time: 10 minutes - Preparation time: 5 minutes

method

1. Cook cheese ravioli in plenty of boiling water until tender. Drain, place in a heated bowl.
2. Meanwhile, make dill Pesto: place garlic in a food processor, chop finely. Add parsley, dill and pecans, process to make a paste. With machine running, pour oil and vinegar and process until smooth. Season to taste with salt and pepper.
3. Pour dill Pesto over hot ravioli, toss well to coat. Top with Parmesan cheese and basil and serve hot or at room temperature.

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Serves 4-6

ingredients

> 375 g/12 oz cheese ravioli

dill pesto

- > 1 clove garlic
- > 30g/1 oz fresh parsley leaves
- > 2 tablespoon fresh dill
- > 30 g/1 oz pecan nuts
- > 75 ml/2½ fl oz olive oil
- > 1 tablespoon red wine vinegar
- > salt, to taste
- > freshly ground black pepper
- > grated Parmesan cheese
- > basil leaves, for garnish

tip from the chef

If preferred, substitute meat ravioli or a mixture of cheese and meat ravioli for an interesting combination. If time is short, replace the dill pesto with 3-4 tablespoons of ready-prepared sauce.



spicy buckwheat noodles

■ □ □ | Cooking time: 20 minutes - Preparation time: 10 minutes

ingredients

- > 500 g/1 lb buckwheat noodles
- > 1 tablespoon olive oil
- > 3 cloves garlic, crushed
- > 2 fresh red chilies, seeded and chopped
- > 200 g/6½ oz rocket leaves, shredded
- > 2 tomatoes, chopped

method

1. Cook noodles in boiling water in a large saucepan following packet directions. Drain, set aside and keep warm.
2. Heat oil in a frying pan. Add garlic and cook, over a medium heat, stirring, for 1 minute. Add chilies, rocket and tomatoes and cook for 2 minutes longer or until rocket wilts. Toss vegetable mixture with noodles and serve immediately.

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Serves 4



tip from the chef

If rocket is unavailable you can use watercress instead. For a complete meal, accompany with a tossed green salad and wholemeal bread rolls.



rigatoni

with tomato sauce



■ □ □ | Cooking time: 15 minutes – Preparation time: 10 minutes

method

1. Heat oil in a medium frying pan over low heat. Add onion and garlic, cook until transparent.
2. Add the tomatoes, basil and sugar, cook for 5 minutes, stirring occasionally.
3. Bring a large sauce pan of salted water to the boil, add rigatoni and cook until.
4. Drain pasta and toss tomato sauce.

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Serves 4-6

ingredients

- > 1 tablespoon sunflower oil
- > 1 onion, finely chopped
- > 2 garlic cloves, crushed
- > 440 g/14 oz chopped canned tomatoes in juice, undrained
- > 1 tablespoon chopped fresh basil
- > 1 tablespoon sugar
- > 315 g/10 oz rigatoni
- > 1 basil sprig, for garnish

tip from the chef

You can freeze the sauce in ice cube trays. The next time around, you will be able to use exactly as much as you need.



smoked salmon fettuccine

■ □ □ | Cooking time: 30 minutes - Preparation time: 10 minutes

ingredients

- > 280 g/9 oz fettuccine
- > 30 g/1oz butter
- > 185 ml/6 fl oz double cream
- > 125 g/4 oz smoked salmon, cut into silvers
- > ground white pepper
- > ½ tablespoon snipped fresh dill
- > 1 tablespoon freshly grated Parmesan cheese

method

1. Cook fettuccine in boiling salted water until *al dente*. Drain well and set aside to keep warm.
2. Melt butter in a large frying pan over moderate heat, add cream and cook for 2-3 minutes or until mixture reduces slightly. Add salmon and heat for 3 minutes.
3. Add fettuccine to mixture, increase heat and cook, tossing well, for 2 minutes. Sprinkle with white pepper to taste. Serve garnished with dill and Parmesan cheese.

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Serves 4



tip from the chef

For a little extra touch, garnish with toasted pine nuts.



tortellini

gorgonzola

■ □ □ | Cooking time: 20 minutes - Preparation time: 15 minutes

method

1. Place wine in a saucepan, bring to the boil and boil until reduced by half. Add heated cream, bring slowly to the boil, reduce heat and gently simmer for 15 minutes or until mixture reduces and thickens slightly. Season to taste with black pepper and nutmeg.
2. Cook tortellini in boiling salted water until *al dente*. Drain and return to pan over low heat. Stir half the Gorgonzola cheese into cream mixture, add Parmesan cheese and pour over tortellini.
3. Toss pasta with sauce until cheese is melted. Spoon onto heated plates and sprinkle with remaining Gorgonzola. Serve immediately.

ingredients

- > 375 ml/12 fl oz dry white wine
- > 500 ml/16 fl oz double cream, scalded
- > fresh ground black pepper
- > freshly grated nutmeg
- > 750 g/1½ lb tortellini
- > 250 g/8 oz Gorgonzola cheese, rumbled
- > 1 tablespoon freshly grated Parmesan cheese

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Serves 4

junior chef says

The flavors in this recipe pair perfectly with an earthy red wine like Pinot Noir.



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classic & modern pasta