

Spaghetti Puttanesca

Swick

Serves 1 | Active Time: 20 minutes | Total Time: 30 minutes

Chef's Notes

I like to bring the sauce to a high heat just before adding the spaghetti and then cook on medium high for about 1 minute in order to serve this dish piping hot! Al Dente and Molto Al Dente are important terms when cooking pasta. In Italy they would never cook pasta until it is soft and soggy: It is ready when it is still slightly firm and offers some resistance to the bite when you eat it (Al Dente). The stage of Molto Al Dente comes around 30 to 90 seconds before Al Dente (depending on the pasta). Recipes ask for pasta to be Molto Al Dente when it will be finished in the oven or the pan.

Step 1: Making the sauce

- 1/3 medium white sweet onion
- 3 cloves of garlic
- 1 28oz can of fine San Marzano tomatoes
- 12 oil cured black olives
- 1 tbsp extra virgin olive oil
- 3 anchovie fillets
- 2 large basil leaves
- 1/4 tsp of kosher salt
- 1/4 tsp black pepper
- 1/2 tsp medium chile flakes
- 2 tbsp drained capers
- 1 tsp brown suger

Start by finely chopping the onion. Peel and finely mince the garlic. Using a 12 inch in diameter pan over medium to medium-low heat sauté the onions in the olive oil and salt for a few minutes before adding the garlic.

Once you have added the garlic, continue to cook for another 2 minutes.

Put all tomatoes, juice and anchovies through a food mill at a medium to course level. Add to pan

Add capers, chilie flakes, black pepper and brown sugar.

Simmer for 15 minutes to reduce sauce by 10 to 15 percent.

Add olives pitted and cut in thirds along with chopped basil leaves. Cook on medium heat for another 5 minutes.

Step 2: Preparing the spaghetti

- 500 grams of dry number 5 spaghetti
- Parmigiano Reggiano
- Italian parsley

Bring a large pot of salted water to a rapid boil. Add the penne and stir to prevent it from sticking together. Cook until Molto al dente, approximately 30 – 60 seconds before the package instructs.

Once the pasta is ready, drain and add to the sauce and fold in genly. Cook on medium high for 1 to 1 1/2 minutes. Serve immediately with freshly grated Parmigiano Reggiano and freshly chopped Italian parsley.