

, Myerberg Center– Cooking with Chef Alba
“**DELECTABLE PASTA SAUCES**”



Meat Sauce in White Wine

- 10 ounces lean ground beef (85-90%)
- 3/4 cup dry white wine
- 2 tablespoons extra virgin olive oil
- ½ sweet onion, small dice
- 2 large cloves of garlic, minced
- 1 stalk celery with leaves, small dice
- 1 medium carrot, small dice
- 1 cup Italian tomato puree (good quality)
- Salt and black pepper
- ½ pound of penne or favorite short pasta
- 4 sprigs Italian parsley, roughly chopped

Preparing the Sauce:

1. Place the meat in a bowl and add the wine. Crumble and mix the meat with your fingertips until the meat is moistened with the wine.
2. In a heavy saucepan add the olive oil and the ground beef in wine; brown in the pan for 8-10 minutes making sure that all the meat begins releasing its juices and all of the liquid has disappeared. It should be golden brown.
3. Next, stir in the onion, sauté for 4-5 minutes or until softened. Add the garlic and cook for a minute stirring often. Add the celery and carrot and cook 5 minutes stirring often. Season with salt and pepper. Once everything has sautéed, add the tomato sauce. Bring to a quick boil and lower the heat to simmer. Cook covered 25-30 minutes.

Preparing the Pasta

1. In the meantime, bring a large pot of salted water to a boil, add 2 tablespoons kosher salt, and cook until al dente. Strain when ready.
2. Put the pasta in a large serving bowl and mix with ½-1 cup of sauce first before serving. Serve the pasta in individual serving plates. Add some meat sauce on top, and Italian parsley on top.

What to prep ahead:

- Have all ingredients measured and ready on a tray
- Have a pot of water ready and boiling at start of class
- Finely dice/mince the onion, garlic, carrot and celery

Linguini alle Erbe e Olive

½ pound thin linguini or spaghetti

10-12 large pitted green olives, roughly chopped

1 tablespoon capers in brine, drained

1 whole large clove of garlic

3 tablespoons breadcrumbs or 1 slice of French bread chopped finely

3-4 sprigs Italian parsley

15-18 mint leaves

15-18 basil leaves

1 tablespoon pine nuts

Salt and black pepper

Extra virgin olive oil

Grated parmesan or pecorino cheese, *optional*

1. Bring a large pot of water to a full boil. Add 1 ½ tablespoons salt and the pasta. Stir for the first 30 seconds and cook until the pasta is al dente. Reserve some of the pasta water before draining.
2. On a cutting board, combine the leaves of parsley, mint, and basil and finely chop. Add 2 tablespoons of fresh breadcrumbs and mix well.
3. In a large skillet on low heat, add 2 tablespoons of olive oil, the garlic, the capers, the olives, and pine nuts and cook about 5 minutes until the garlic and pine nuts are slightly golden and fragrant.
4. Add the herbs and breadcrumb mixture and cook 2-3 minutes. Add ½ cup of pasta water to the sauce and mix again. If too dry, add a few more tablespoons at a time and mix.
5. Strain the pasta when ready, and transfer to the skillet with the sauce. Mix well.
6. Add another 1 to 2 tablespoons of olive oil in the sauce and mix quickly, then remove from heat. Serve with a few extra leaves of your favorite herb and grated cheese.

What to prep ahead:

- Have all ingredients measured and ready on a tray
- Wash and dry all the herbs
- Have a pot of water ready and boiling at start of class

Fusilli Crema di Ricotta e limone

½ pound fusilli pasta or favorite short pasta
½ cup grated parmesan cheese, more for topping if desired
1 (15 ounce) container whole ricotta
Zest of 1 large lemon (zest without the white part), *divided*
Juice ½ lemon for the sauce
Juice ½ lemon for the pasta water
Freshly ground multi-colored peppers
2-3 tablespoons extra-virgin olive oil
10-12 fresh basil leaves

1. Bring a large pot of water to a full boil. Add 1 ½ tablespoons salt and the pasta. Stir for the first 30 seconds and cook until the pasta is al dente. Reserve some of the pasta water before draining. Add the juice of ½ lemon 2-3 minutes before draining the pasta.
2. In a large bowl make the sauce. Add the ricotta, parmesan cheese, zest of ½ lemon and juice of ½ lemon juice, and olive oil.
3. Drain the pasta and add to the bowl with the sauce. Mix well and add a couple of tablespoons of cooking water and stir. Serve the pasta with the remaining zest of ½ lemon, the multi-colored peppers, and fresh basil on top.

What to prep ahead:

- Have all ingredients measured and ready on a tray
- Have a pot of water ready and boiling at start of class

Recipes: aejhome@yahoo.com, easycookingwithalba.blogspot.com