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Pasta Pugliese

Pasta Pugliese (that's *pooh-lee-ay-zay* btw) is one of the commonest pasta recipes in Puglia and the equivalent of Genovese in Genova. Orechiette is the local ear shaped pasta, - orechiette translating as little ears - which is made without the luxury of egg as in the North. Pugliese is usually made with cima di rapa (chee-ma-dee-rap-ah) which are a turnip top or flowering broccoli which you can buy here from Paolo at Franchi Seeds in London if you want that authentic slightly bitter taste.

a handful of orechiette per person (90-120g)
handful of broccoli or cima di rapa
a few anchovy fillets in oil
a spoon or two of the anchovy oil per person (more if you like it rich)
pinch of pepperoncino
clove of garlic per person
ground black pepper

Set a pan of water on to boil and chuck in the pasta with a pinch of sea salt and cook with the broccoli in a basket above the pasta (that's my method - the Italians are so fussy and throw it in with the pasta and fish a bit out with a slotted spoon later).

Meanwhile put a few fillets of anchovy in a spoon or two of olive oil in a pan with a pinch of pepperoncino and the garlic crushed. Stir whilst the anchovy dissolves and take off heat until the broccoli is ready at which point add half of the broccoli to the pans with the oil and coat thoroughly. For best results, I chop the stems off the broccoli and put those in the pan with a few florets and crush the stems into the oil and toss the rest of the florets onto the pasta when I serve up.

Anyway, drain the pasta, plate up and turn the oil into the pasta and top with the remaining florets and season with black pepper. You can decorate with grated Parmigiano or Grana but I like Pugliese without.

This recipe works nicely with without broccoli and can be done with pancetta and Palermitana paste which blows your head off in a Sicilian kind of way.

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