

5 CLASSIC ITALIAN SAUCES

learn
cook &
enjoy

CARBONARA
CACIO E PEPE
PESTO GENOVESE
PUTANESCA
AGLIO E OLIO



LUPPI'S PASTA - SCHOOL OF PASTA



CARBONARA

Total Time: 10 minutes
Serves: 4

Ingredients:

- 4 large egg yolks
- 75g parmesan cheese, plus extra to serve
- 75g pecorino romano
- 1 x 150g piece of guanciale (cured pork cheek)
- 400g dry spaghetti (100g per person)
- Black pepper, loads

Replacements

- Pecorino Romano for parmesan
- Guanciale for Unsmoked pancetta
- Spaghetti for tonarelli, bucatini or rigatoni
- To make it vegetarian, replace the guanciale for zucchini cut into small cubes and panfried until cooked.

Method:

Place the egg yolks in a bowl and add the finely grated cheese. It is important that the grated cheese is finely grated so that the two ingredients combine to form a smooth cream. Set aside.

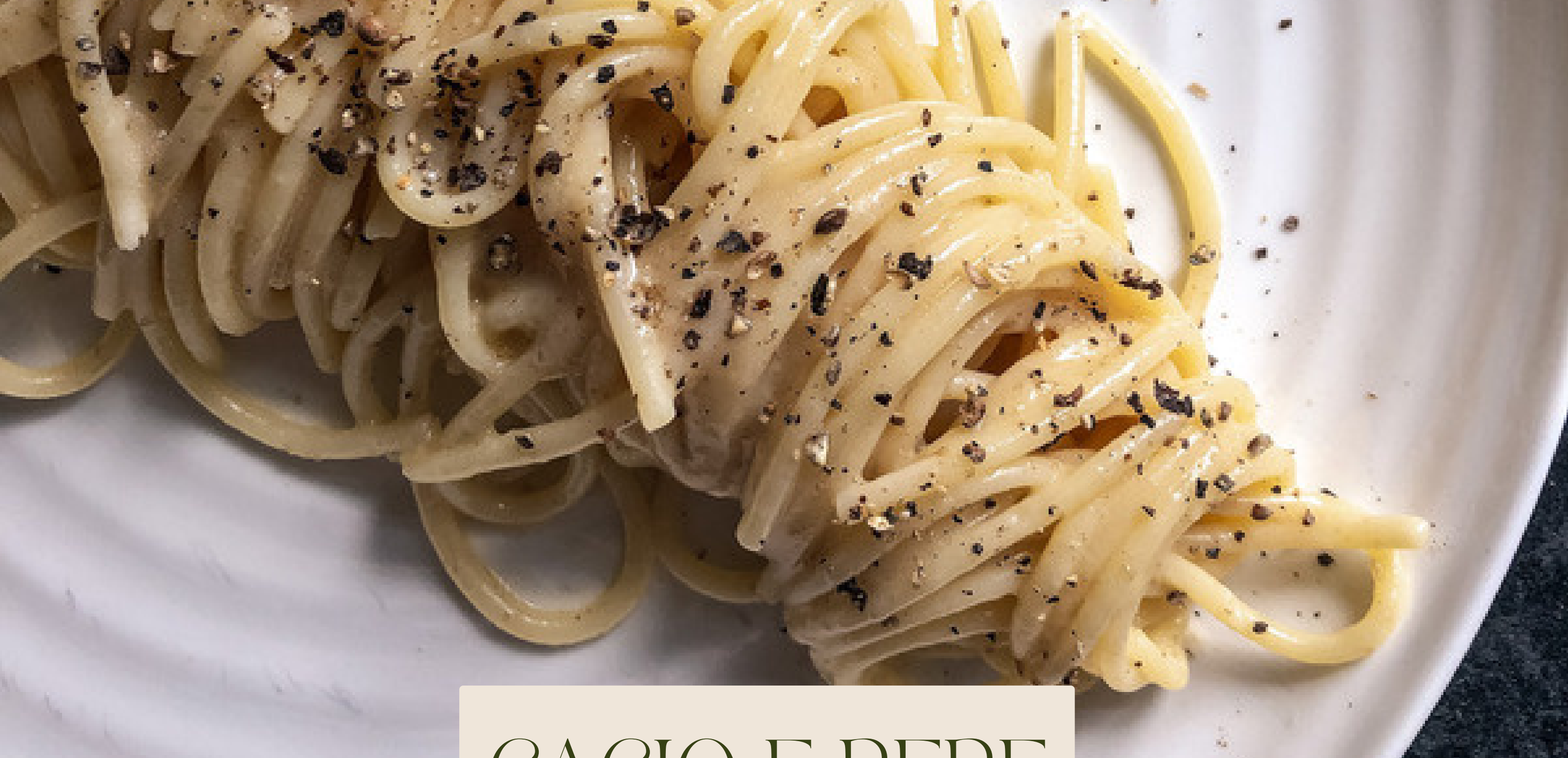
Cut the guanciale into even strips of 1 x 3 cm. Cook the guanciale in a frying pan over a low heat, retaining the fat, add the freshly ground black pepper, cook until golden and set aside. Meanwhile, cook the pasta in a pan with plenty of boiling water and coarse salt (10g of salt per litre) for the length of time indicated on the packet. Remove the pasta with tongs and put it in the pan with the guanciale. Add 1/2 ladle of the cooking water and cook for less than a minute so that the pasta absorbs the fat from the guanciale and the pepper.

Remove from the heat and stir in the egg yolks and cheese. Mix with tongs to emulsify until the sauce is silky and well incorporated into the pasta. If necessary, add a little more cooking water, just a bit at a time.

Do this out of the heat to prevent the egg yolks from cooking. Finish with plenty of freshly ground black pepper and Parmesan cheese.



Carbonara is a sauce to learn to emulsify a sauce using the fat from the cheese lactose, the cooking water which contains starch from the pasta and the yolks, which add fat and also act as a binding agent along with the starch, to emulsify and avoid the sauce from splitting. THIS PROCESS MUST ALWAYS BE CARRIED OUT OFF THE HEAT TO PREVENT THE CHEESE FROM MELTING AND LUMPING AND THE EGG YOLKS FROM COOKING.



CACIO E PEPE

Total Time: 10 minutes

Serves: 4

Ingredients:

- 200g finely grated pecorino romano cheese, replace for parmesan, only if you can't get pecorino romano.
- 400g dry spaghetti
- 5g freshly grated Black pepper, more for serving

Method:

To prepare the spaghetti cacio e pepe, put a large pot on the stove with water for cooking the pasta: fill it with a little less water than you normally use, so that it is richer in starch. Bring to the boil, add salt and cook the pasta. Meanwhile, grate the Pecorino Romano cheese and put almost all of it in a bowl, reserving some for serving. Grind the black peppercorns in a large non-stick frying pan and toast over a low heat, stirring with a wooden spoon.

Add a ladle of the pasta cooking water. Continue stirring over a low heat. 2 minutes before the time indicated on the packet, remove the spaghetti with tongs or skimmer and put them in the frying pan. Finish cooking the spaghetti in the pan, as if we were doing a risotto, adding more water as needed and stirring constantly with the tongs. Wait until the bottom of the pan is almost dry before adding more water.

Now you can prepare the pecorino cream (do not start earlier, as it will be too cold compared to the temperature of the pasta): pour less than a quarter of a ladle of hot cooking water into the bowl with the grated pecorino, then stir vigorously with a hand whisk. The consistency you want is more pasty than creamy, so don't worry if it's very dry. Add a tiny bit of water at a time if needed to achieve the consistency.

When the spaghetti are cooked, remove from the heat and add the pecorino cream, stirring constantly with tongs. To obtain the ideal creaminess, add more pecorino or a little cooking water if necessary. Serve the spaghetti cacio e pepe with the rest of the grated pecorino and freshly ground pepper to taste.



Cacio e pepe is a sauce to practise as it has some timing to follow and achieve a creamy sauce. We emulsify the fat in the cheese lactose and the cooking water, it is the rich starch in the water that will help you obtain a creamy sauce without lumps. **ALWAYS DO THIS PROCESS OUT OF THE HEAT TO AVOID THE CHEESE MELTING AND CLUMPING.** Adjust with a little water or cheese at a time to get to a creamy but not runny consistency.



PESTO GENOVESE

Total Time: 10 minutes

Serves: 4

Ingredients:

- 1 garlic clove, peeled
- 1 pinch of salt
- 50g fresh basil leaves (remove stems)
- 25g pine nuts
- 80g parmesan cheese
- 80 ml extra virgin olive oil - good quality

Method:

If you make your pesto in a mortar and pestle, as is the traditional way of making this raw cold sauce from Liguria, add the garlic and salt and crush until you have a paste. Add the basil leaves and continue to crush. Then add the pine nuts and the cheese. You will get a very thick paste. Continue to crush the mixture and gradually add the olive oil in dribs and drabs, mixing very well until well blended.

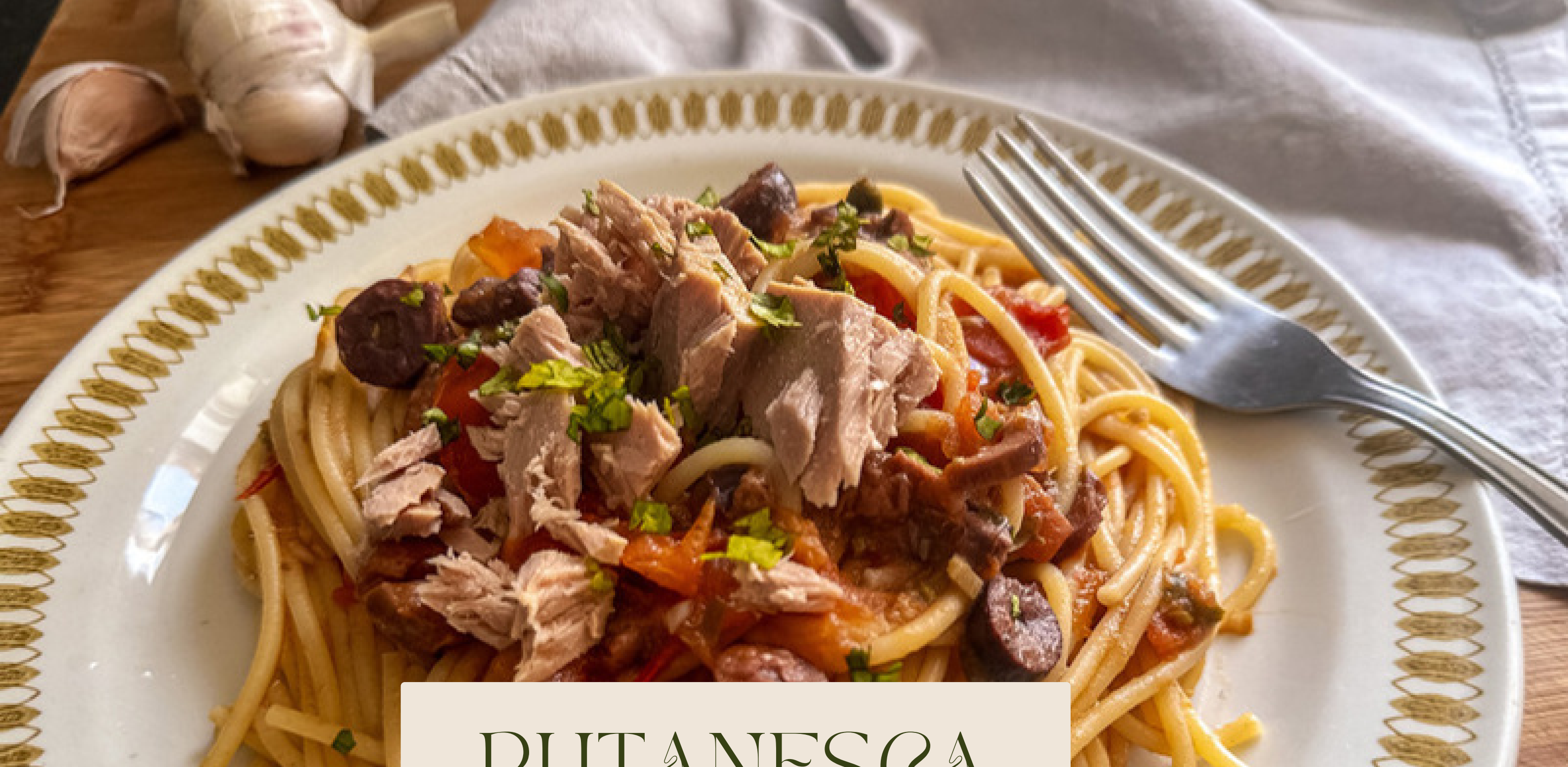
If using a food processor or blender, pulse the garlic and salt together a few times until you have a paste. Add the pine nuts and pulse gently a few times. Add the basil leaves and the cheese. Continue to pulse until you have a paste again, BUT don't overdo it - the heat from the machine can make the pesto dark and bitter. Gradually add the olive oil and continue to pulse until well blended. Serve with freshly cooked pasta and a little cooking water. DO NOT HEAT the pesto, it is a raw sauce full of flavour.

If you want to make the dish richer and more flavoursome, add potatoes and green beans, cut into small cubes and cooked in boiling water a few minutes before the pasta. Serve everything together with the pesto and enjoy this wonderful Ligurian dish.

Pesto sauce is so versatile that you can use it with your favourite pasta shape. These are handmade picci, [click here](#) to see how they are made.



- You can add a few drops of lemon juice or zest right at the end.
- Try getting small basil leaves, they will be fresher and more tender.
- The pesto is best eaten straight away, but can be kept in clean mason jars and stored in the refrigerator for up to 2 weeks, make sure you cover the top with some olive oil to prevent oxidation.



PUTANESCA

Total Time: 10 minutes

Serves: 4

Ingredients:

- 400g dry pasta - spaghetti ideally or bucatini or penne rigate for short pasta.
- 1 garlic clove, chopped
- 8 anchovies fillets
- Pinch of chilli flakes or 2 dry peperoncino
- 1 tbps capers in brine (remove brine & chop)
- 50g back olives, pitted and chopped
- 4 medium size ripe tomatoes
- 200ml peeled plum tomato, mashed
- 1 handfuls chopped parsley
- Extra virgin olive oil, a generous drizzle
- 1 tin Tuna in olive oil - optional

Method:

In a frying pan over a medium heat, sauté the garlic in a generous drizzle of olive oil. When it starts to sizzle, add the chilli flakes and anchovies. After about 3 minutes, when the anchovies have melted, add the capers, diced tomatoes and olives. Stir well for a minute, then add the peeled plum tomatoes and season with pepper. When the sauce comes to the boil, reduce the heat to the minimum and leave to simmer for about 10 minutes.

Meanwhile, cook the pasta in a saucepan of salted water. Take the pasta out of the water 1 minute before the time indicated on the packet, transfer it to the frying pan and finish cooking it in the sauce. Add the parsley, mix well and serve with more parsley and a drizzle of extra virgin olive oil.

I like to finish this dish with a good quality tuna in olive oil. Enjoy!



- The anchovies add a lovely salty flavour, don't worry, you won't taste them, unless you're a vegetarian, you can leave them out and just add salt.
- If you use salted capers, make sure you wash them thoroughly before adding them to the sauce.
- This sauce is perfect with pasta, but you can also enjoy it with fish and seafood.
- If it's the season when you can't get delicious ripe tomatoes, just use 400ml of peeled plum tomatoes, crushing them with your hands to get some chunks in the sauce.
- If it's summer and you have tasty ripe tomatoes, you can replace the canned tomato and use a total of 500g of fresh tomatoes.



AGLIO E OLIO

Total Time: 10 minutes

Serves: 4

Ingredients:

- 400g dry spaghetti ideally o linguine o vermicelli
- 3 garlic clove, chopped
- Pinch of chilli flakes or 2 small fresh chilli peppers
- 10 tbps Extra virgin olive oil, good quality
- 1 handfuls finely chopped parsley
- toasted breadcrumb

Method:

Bring salted water to the boil in a large saucepan. Add the pasta and cook for half the time indicated on the packet.

Meanwhile, in a large frying pan, add the chopped garlic, chilli and a tablespoon of oil. Turn the heat to medium-low. Wait for the garlic and chilli to start to sizzle, which should take about the same time as the pasta is cooking.

Using tongs or a skimmer, drain the spaghetti directly into the frying pan and add 1 ladle of the cooking water.

Finish cooking the spaghetti in the frying pan, like making a risotto, adding more water if necessary and stirring constantly with the tongs. Wait until the bottom of the pan is almost dry before adding more water. Continue until the pasta is cooked to your liking.

The end result should be a creamy and succulent mixture. Add the chopped parsley (keep some for serving), adjust the salt if necessary and serve with toasted breadcrumbs and parsley.



- The toasted breadcrumbs add a crunch to the dish. This is optional, but I really like it with this crunchy texture. Toast a handful of breadcrumbs in about 1 tablespoon of olive oil in a large frying pan over medium heat, tossing frequently, until crisp and golden brown. Add a pinch of salt.
- This is another way to practise emulsifying your sauce. The starch in the pasta will slowly release into the infused oil, creating a creamy sauce.

KEEP LEARNING
while YOU ENJOY COOKING



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