

Primo

Spaghetti with Garlic, Oil, and Chili

Spaghetti Aglio, olio e Peperoncino

Ingredients

Serves 2 people

200 g (7 oz) spaghetti or vermicelli

2 garlic cloves, peeled and sliced

extra virgin olive oil, generous amount

1 fresh or dry chili pepper, sliced

fresh parsley, leaves chopped and stems whole

salt

Garlic germ. The sprout in the center of a clove is called a garlic germ. You can remove it to have a milder garlic taste. If your garlic is fresh and young you can skip this step. If it's a little old, then remove it by cutting the peeled clove in half and prying out the germ with a knife.

Procedure

Bring a tall pot of water to the boil, then add salt. Toss in the spaghetti and cook until they are *al dente*.

Cooking spaghetti. Do NOT break the spaghetti in half! As soon as you toss them in the boiling water, they will soften and gradually go underwater. Stir the spaghetti occasionally so they don't stick to each other. Cooking pasta 'al dente' means that it has to be soft enough to eat but with a bit of bite on the inside.

While the spaghetti are cooking, place a large pan with the olive oil over low heat. Add 2 stems of parsley, the garlic and chili pepper, and gently cook. The garlic must not brown, just soften. Then remove the stems of parsley.

Drain the spaghetti 2 minutes before the cooking time on the package and set aside a large mug of the cooking water.



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Place the spaghetti in the pan, turn up the heat, and continue cooking for about 2 minutes, adding some of the starchy cooking water and stirring vigorously.

The key step. The key step to this dish is cooking the spaghetti in the pan with the olive oil and some cooking water. Here you are emulsifying the 2 ingredients, creating a creamy sauce. To emulsify means to combine 2 ingredients together which do not ordinarily mix easily, like olive oil and water. The heat, the starch in the pasta and cooking water, and the vigorous stirring will magically turn the olive oil into a luscious, creamy sauce.

Remove the pan from the heat and add the chopped parsley leaves. Stir and serve immediately.

Italian Food and Wine Pairing

To pair this recipe, you need a fresh white wine, light-bodied and with a delicate aroma, like a **Frascati DOC**.



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