

FIDDLEHEAD CELLARS

FROM JODY'S KITCHEN

*Created by Kathy's sister, Jody Joseph
great with Fiddlehead Cuvée Seven Twenty Eight, Fiddlestix Pinot Noir*

Spaghetti Aglio Olio Peperoncino

(Spaghetti with Garlic, Olive Oil and Hot Pepper)

Makes 4 generous servings as a meal (Italians figure 100 grams of pasta per person) or 6-8 as a first course

This pasta recipe is typical of the province of Umbria, Italy where I have had the good fortune to spend part of the past 15 years, painting and running a small art school. This dish is incredibly simple, very fast to make, but also delicious, and can be served either as a primo (small portion served as a first course) or as a meal.

INGREDIENTS

1 pound of good-quality Italian (durum wheat) spaghetti (Italian pasta is generally packed in 500 gram boxes, which is a little more than 1 pound (454 grams)—so if you leave a little in the box, you'll be at about 1 pound)

2/3 cup olive oil

Kosher or coarse salt

8-10 cloves of garlic, peeled and smashed with the side of a heavy knife

4 small dried Italian peppers (peperoncini), or substitute ¼ teaspoon dried chili peppers (this is for mild spice—if you like things hotter, add more!)

Good quality grated parmesan cheese, such as Grana Padana

Freshly ground pepper



ASSEMBLY

1. Pour olive oil in a frying pan large enough to hold all the cooked pasta. Add smashed garlic cloves and hot peppers, and heat gently over very low flame for 15-20 minutes, stirring occasionally and breaking up garlic cloves with a wooden spoon. The idea is to let the garlic almost melt into the oil. Although the garlic will caramelize and turn golden as it cooks, do not let it get dark brown, or brown too quickly.

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ASSEMBLY (continued from front side)

2. Bring ample water to boil in a large (6-8 quart) pan. Add 1 tablespoon of salt and stir. Dip a wooden spoon in the boiling water, let cool for a few seconds, then taste water—it should taste slightly salty—if you can't taste any salt, add a little more and taste again. Repeat as needed until the water tastes slightly salty. (1 tablespoon of salt to 4 quarts of water is a general rule, but course salt can vary in volume, so tasting helps you get the right amount.)
3. Add pasta to boiling water and cook according to package directions, stirring occasionally. (Italian pasta will always have a cooking time indicated for al dente pasta, but check pasta a minute or two before time is up.) When spaghetti is cooked al dente (slightly firm at the center when you bite a strand), reserve ½ cup of pasta water, then drain well.
4. Using a tongs, add the cooked spaghetti a clump at a time to the frying pan with the garlic and oil. Pull the strands of each clump through the oil to coat well, then add more pasta, making sure all strands get well coated. Turn up heat to medium high for a minute or two, adding a little of the pasta water if spaghetti looks dry. Remove from heat. Taste and add more salt or olive oil if needed
5. Divide spaghetti among serving bowls, top with freshly grated Parmesan cheese and fresh ground pepper. Enjoy one of the simplest and most delicious pasta dishes ever!

Cheers!

Kathy Joseph
Winemaker