

Pasta



PASTA

All unfilled pasta is served:

- 1 in a deep dish, drained, hot and covered with some kind of sauce or tuco, topped with grated cheese.
- 2 with additional ingredients and requiring a brief baking procedure in a very hot oven or under the grill.

BAKED BUTTERED NOODLES OR MACARONI

(vegetarian)

INGREDIENTS: as for BUTTERED NOODLES OR MACARONI (p. 34)

METHOD: Cook pasta 'al dente' (slightly firm to the bite). Slowly melt butter ensuring that it doesn't brown. When frothing, add a little chopped parsley and a pinch of grated nutmeg. Place cooked pasta in a deep dish and pour over melted, seasoned butter. Mix well to blend, cover and cook in slow oven for about 15 minutes. Stir once or twice. Serve hot, with or without grated cheese

BAKED MACARONI WITH MUSHROOMS (vegetarian)

INGREDIENTS:

- 1 cup boiling water - if using dried mushrooms
- ½ cup mushroom, dry or fresh, chopped
- Large onion, chopped
- ½ cup butter (100 gms)
- ½ teaspoon ground white pepper
- ½ teaspoon grated nutmeg
- 2 cups white sauce
- ½ cup grated cheese
- 1 portion macaroni for 4

BAKED MACARONI WITH MUSHROOMS continued...

METHOD: Cook macaroni 'al dente'. If using dried mushrooms, soak in boiling water for 15 minutes and drain well. Melt butter, fry onion and then sauté mushrooms for about 5 minutes, stirring all the time. Add white pepper and nutmeg. When macaroni is done, drain, place in a dish, mix with butter, onion and mushroom, cover with white sauce, top with grated cheese and bake in a very hot oven or gratin under a grill, until bubbly and lightly toasted. Serve very hot.

BUTTERED NOODLES OR MACARONI (vegetarian)

INGREDIENTS: 1 portion of pasta for 4
½ cup butter
½ cup grated cheese
salt, finely chopped parsley and nutmeg to taste

METHOD: Cook pasta in salted water until 'al dente'. Drain quickly and place steaming hot in a deep dish in which two lumps of butter have been placed. Dot with remaining butter and toss carefully until all butter is melted. Top with grated cheese and serve immediately.

NOODLES AU-GRATIN WITH CHEESE (vegetarian)

INGREDIENTS: 1 portion pasta for 4
2 cups white sauce (or more if desired)
1 cup grated cheese

METHOD: Boil pasta in salted water until 'al dente'. Drain and place in dish. Cover with plenty of white sauce, sprinkle cheese on top and grill until brown, bubbling and toasted on top. Serve very hot.

NOODLES OR MACARONI WITH TUCO (vegetarian)

INGREDIENTS: 1 portion noodles or macaroni for 4
2 cups tucó sauce (page 62)
½ cup grated cheese
Salt and pepper to taste, 1 bay leaf

METHOD: Cook noodles or macaroni in rolling boiling water, seasoned with salt and bay leaf. Drain and place in a deep dish previously moistened with four tablespoons of tucó sauce. Pour rest of sauce over pasta, top with grated cheese and serve.

Noodles or macaroni with tucó is common as a side dish to the main meat course, accompanied by a green salad.

TALLARINES VERDES (Green Spaghetti Sauce)

Serves 4

INGREDIENTS: 1 clove garlic, crushed
1 onion, finely chopped
3 tomatoes, chopped
Salt and pepper
¼ kilo spinach
¼ kilo fresh basil (or 3-4 teaspoons dried basil)
1 pint milk
1 vegetable stock cube
¼ kilo cheese
2 tbsp cornflour dissolved in a little cold water

METHOD: Fry garlic, onion and tomato in oil, add salt and pepper. Blend spinach and basil with enough water to make a cream (the cream should be perfectly smooth). Add to fried ingredients. Make cheese sauce with milk, cheese and stock cube, adding cornflour to thicken. Slowly add this to mixture in pan and blend thoroughly. Boil a quantity of spaghetti and when cooked, toss in green sauce. Top with a little grated cheese if desired.