

Basic Tomato Sauce and Pasta 101

by Domenica Catelli



I find in my classes that most people make several errors while cooking pasta, thus, a little Pasta 101 is in order.

Steps:

1. Generously salt your water, but don't put oil in it (it doesn't allow the pasta sauce to adhere to the pasta).
2. Don't over cook your pasta. Periodically, test pasta towards the end of the suggested cooking time; it should have a slightly firm center. Don't rinse it after you drain.
3. Finally, if you are going to spend time creating a sauce from scratch, use a pasta shape, like a Penne Regatta, that will capture your sauce.

Ingredients:

2 tablespoons extra virgin olive oil (I recommend Lucini)
4-5 cloves garlic, minced (not too small)
½ teaspoon red chili flakes
25-28 oz. canned or jarred Italian tomatoes, preferably organic
Dash of salt
1 lb. of pasta
1/3 cup fresh basil, Italian parsley, or a combo of the two, chopped
Fresh Parmesan cheese, grated

Process:

1. Sauté garlic and chili flakes in the extra virgin olive oil. DO NOT let the garlic get brown.
2. Add tomatoes and a pinch of salt, simmer for 15 minutes.
3. Bring a large pot of salted water to a boil.
4. Add pasta and cook until al dente.
Drain pasta (DO NOT rinse) and toss with sauce. Add parsley and basil and finish with Parmesan cheese.
- 5.

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