

Foreword - To reproduce a dish of Italian cuisine out of Italy is simple. It's sufficient to use exactly the listed ingredients (no substitutions, no changes, no additions) with the listed quantity, and to respect the listed cooking time.



Spaghetti with sweet red pepper and crumbs of walnuts
Vegetarian - Serving: 2 - Total time: 2 hours

Ingredients...

- 10-11 oz Sweet red pepper, well mature (300 grams)
- 10-11 oz Red onion (300 grams)
- 1/2 cup of Olive oil (120 milliliters)
- 4/5 cup of Tomato sauce, the "Passata di pomodoro" (200 milliliters)
- 7 1/2 oz of spaghetti (220 grams)
- 2 walnuts



Pictures left to right.

1. Get a sweet red pepper
2. Cut off the top to open it.
3. Clean it out, throwing away the seed and the white parts.
4. Cut it in strips/Then cut into little squares (more or less like the nail of the little finger.)

Italian Cuisine by Corrado Tumminelli

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Pictures Left to right.

1. Chop the red onion in little pieces.
2. Get a large pan, 10-12 inches, pour in the olive oil and the chopped onion>
Cook at medium heat until the onion is almost transparent, not colored.
To avoid burning the onion add a glass or two of water.
3. The final onion should be transparent, not colored.



Pictures Left to Right

1. Now pour in the pan all the chopped sweet red pepper and mix together
Let cook until the sweet red pepper is tender (yes, you have to taste it).
Here also you can add a glass or two of water to prevent the burning.
When all is tender move in a blender and get a cream. Just add water to get a fluid cream.
2. And now? Move the cream in the pan and add the "Passata".
Continue the cooking for 10 minutes. The cream has to be well fluid, so add water to get fluidity. Taste the result and adjust with salt. The salt has always to be added at the end of every cooking. If you are tired of all these operations, you can move the sauce in the refrigerator, covering with plastics. No more than a night, please.

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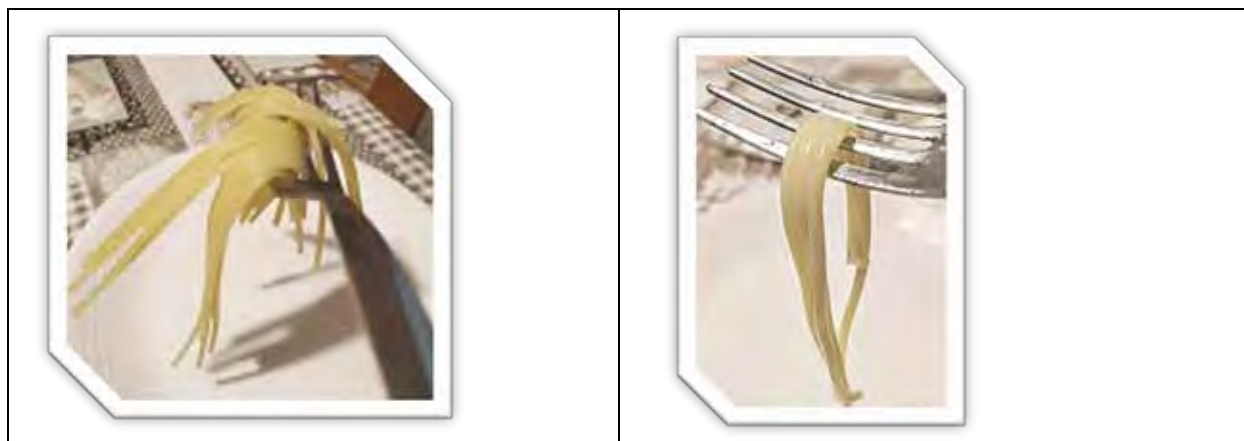
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OK, and now at the spaghetti. Twenty minutes before to serve the spaghetti you have to cook the spaghetti. The pasta (spaghetti, farfalle, fusilli, penne or whatever) has to be cooked AL DENTE!!!

The ones that throw the pasta on a wall to evaluate the “perfect” cooking should be shot at sunrise.

The pasta has to be “al dente”, so quite hard, for a good reason: the pasta has ALWAYS to be stir-fried.

When you stir-fry the pasta within your sauce you get two benefits: one, you enrich the pasta flavor at maximum, and, two, you can get the pasta tender as you want. So, never pour a sauce over a white pasta in the dish (the ones doing that deserve to be shot... etc. etc).



Pictures Left to Right

1. OK, put 3 gallons of water in a pot and add a pinch of salt. When the water is boiling, not before, add the spaghetti and cook until the pasta is “al dente”. Yes, you can taste, but to be sure you can simply watch how much the spaghetti bend. Take a fork of spaghetti and watch: if the spaghetti reluctantly bends they are “al dente” just to be stir-fried.
2. If the spaghetti appears so completely relaxed and glued to each other, you have overcooked the spaghetti (we say the pasta is “scotta”). Also, in the case you deserve to be shot... etc. etc.

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Pictures Left to Right

1. Drain the spaghetti and pour them in the pan with the sauce.
Stir-fry the spaghetti at high heat for 4 or 5 minutes, continuously mixing.
If there is not sufficiently fluid add some water.
2. Now admire the result,



Chop the walnuts, not so little, just some coarse crumbs.



Strew the crumbs over your dish

And

good appetite!!!!