

Arrabbiata!

July 20, 2020 | CHEF VEE, COOKING SCHOOL HEAD CHEF



If you like it spicy this sauce is for you! Arrabbiata literally means “angry”. Now of course you adjust heat to your liking and add in any meats and veggies to create your own version. But I’m going to keep it simple and spicy! Just a few ingredients is all I need to create this Italian wonder! Let’s cook....

Serves: 5-6 Total time: 30 minutes

·1 pound penne – any shape pasta works

- 3 Tablespoons olive oil
- 6 cloves garlic
- 1/4 teaspoon crushed red pepper flakes – adjust to your liking
- 1 - 28 ounce can whole peeled tomatoes
- 2 Tablespoons tomato paste
- 6 fresh basil leaves , chopped
- 1/2 cup freshly grated parmesan or pecorino – garnish
- 1/3 cup flat-leaf parsley finely chopped – garnish

In a deep pot, heat olive oil over medium heat add garlic and crushed red pepper cook for about 1 minute. Add tomatoes and paste and cook for about 5 minutes. Crush with wooden spoon or a small whisk. I find the whisk helps break down the tomato well, especially after a few minutes of cooking. Tomatoes will be a bit more tender. Bring to a simmer over low heat and cook for another 5-10 minutes. While this is happening lets cook our pasta. Bring a large pot of water to boil over high heat. Generously add salt to pot to flavor water. This step is very important. Follow instructions on package, should take about 7 to 8 minutes to cook. Sauce should be underway. Recheck sauce and continue crushing with whisk to break up all the tomatoes. Will only take a few more minutes.

When pasta is cooked, drain the water and add it to the sauce. Add in basil toss well. Taste and add more red pepper flakes or salt and pepper, if needed. Serve immediately topped with a generous portion of grated pecorino or parmesan cheese and fresh chopped parsley. You can certainly add proteins like chicken or shrimp, or veggies like zucchini or asparagus. This dish is also great with a piece of crusty bread on the side. For the ultimate crusty bread, heat oven to 400, on a sheet tray place bread and drizzle olive oil, sprinkle with salt, pepper and parmesan. Toast in oven for 5 minutes. Serve both hot and enjoy!!