

SPAGHETTI WITH BROCCOLI RABE, TOASTED GARLIC, PARMESAN AND CAPICOLA

Le ricette di cucina di Frank Russo-Alessi



Ingredienti

1/4 cup virgin olive oil
6 cloves garlic, thinly sliced
1/2 pound broccoli rabe -- florets removed, leaves and stems chopped into 1/4-inch pieces
1 pound spaghetti, preferably Italian
1/4 pound Capicola
1/2 cup freshly grated Parmesan cheese

Come Fare

Bring 6 quarts water to boil in a spaghetti pot and add 2 tablespoons salt.

In a large sauté pan, heat virgin olive oil until just smoking. Add garlic and stir until just light brown. Add all broccoli rabe at once and cook, stirring constantly until wilted and dark green (about 3 minutes). Add 1/2 cup cold water and remove from heat.

Drop spaghetti into boiling water and cook according to package instructions until just al dente (about 8 to 11 minutes).

Meanwhile, cut capicola into thin julienne and add to broccoli rabe mixture.

Drain pasta when cooked and toss hot pasta into pan with broccoli rabe and return to heat. Add grated cheese and stir gently to coat pasta with mixture.

Pour into warm serving dish and serve immediately.

Yield: 4 servings

Buon Appetito!

Please send recipes, comments and suggestions to

recipes@lasocietaitaliana.org

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