

PASTA PUTTANESCA

A recipe from either Naples or Sicily, I'm not sure. It can be made without the tomatoes for a change, and in the recipe I did I added some chopped pimento from the jar and some pepperoni. Sometimes I use bacon instead of anchovies, as not everyone likes the taste, however faint.

The other addition I made, and I have found it a nice way to get crunchiness and finish without the use of fattening cheese is to brown 2 tablespoonfuls of breadcrumbs in a little oil for garnish. If you do not use tomatoes brown the breadcrumbs in the oil before adding capers and olives.

Ingredients (4 people)

1 1/4lb linguine or spaghetti (goes well with wholemeal pasta also)
3 1/2oz capers (soaked 1 hour in water if salted rather than in vinegar)
3 1/2oz black olives, stoned
3 1/2oz salt anchovies, soaked, filleted, rinsed, dried and thinly sliced.
4 oz chopped tomatoes, either canned roman tomatoes or fresh
2 garlic cloves chopped
1 small onion chopped
1/4 pint olive oil
2 tbsp water
6 tbsp chopped parsley
pepper

1. Brown breadcrumbs in a little oil and set aside to add as garnish on finished dish.
2. Lightly fry garlic and onion in the oil until translucent.
3. Add tomatoes and cook for about 2 minutes.
4. Add capers, olives, water, parsley and pepper. Cook for 4-5 minutes.
5. Remove pan from the heat. Add the anchovies and stir them into the mixture until they disintegrate.
6. Bring a pan of lightly salted water to the boil, with a slice of lemon or dash of vinegar. Throw in the pasta and cook until it is al dente.
7. Drain the pasta and serve very hot with the sauce poured over. Sprinkle with toasted breadcrumbs. Not normally served with parmesan cheese.