

## PASTA-d'ORO — HOW TO COOK FRESH AND DRIED PASTA

Whether it is fresh or dried it is arguably one of the all time great meals. It makes the perfect light lunch or a comforting dinner and it is always a hit with children.

A lot of people think fresh pasta is superior to dried - not true! It's just that they have a different role to play in your dish. Dried pasta generally is made from flour and mostly water, which means that it lasts longer and retains a fantastic bite. It is great with seafood, oily tomato sauces. Fresh pasta is silky and tender and suits being stuffed with creamy and buttery sauces.

Two things to remember when cooking pasta is not to over-cook it (it needs to have a slight bite), and to match the right pasta to the right sauce.

Always use a large pot with enough water the pasta needs plenty of room to move around. Simply fill a good size pan with 2/3 water and a generous pinch of salt. Bring to the boil and add the pasta. Only add the pasta when it is on a rolling boil. I tend to read the packaging on the pasta packets as cooking times can vary. But the best test is to remove a piece and bite into it. It should be tender to the bite but not soft!

Give the pot of pasta a frequent stir to prevent over cooking. As soon as it is done, drain most of the liquid, holding some back as it is ideal for adding to your sauce.

Once your pasta is cooked then it is time to add your favourite sauce and enjoy!

## PENNE WITH CARDRONA LAMB SAUSAGES, TOMATO & PARSLEY

Serves 4

### Ingredients

60 ml olive oil  
1 onion, thinly sliced  
Sprig fresh rosemary, roughly cut  
1 clove garlic, sliced thinly  
3 lamb sausages, meat removed from skins (small meatball size)  
1 cup passata (or fresh tomatoes roughly chopped)  
½ cup freshly chopped flat leaf parsley  
1 Tbsp red wine vinegar, or to taste  
400g dried Pasta d'Oro Penne or Rigatoni

### Method

Heat oil in a large fry pan over medium-heat, add the onion, and sausage meat, cook until the onion softens and the sausage has gone brown. Add the rosemary and garlic, cook for a further one minute. Add the wine, and tomato and cook until the sauce thickens (4-5minutes). Add half the parsley, season with salt and pepper, turn down the heat and cook your pasta.

Meanwhile cook the pasta in a large pot of heavily salted water. Check the packet with exact times usually about 6-10 minutes or until al dente (tender to the bite)

Drain, reserving 60 ml of the cooking water. Return pasta and reserved cooking water to pan. Add sausage mixture, stir to coat well, season to taste, scatter over remaining parsley. Serve immediately with fresh parmesan cheese generously grated over.

## PANGRITATA - (poor man's parmesan)

### Ingredients

8 Tablespoons olive oil  
1 clove garlic, sliced  
1 good handful of fresh thyme, leaves picked  
200g fresh breadcrumbs  
Salt and freshly ground black pepper

### Method

To make the Pangritata. Put the olive oil in a thick-bottomed pan. Add the garlic, thyme and breadcrumbs: they will fry and begin to toast. Stir for a couple of minutes until the breadcrumbs are really crisp and golden. Season with a little salt and freshly ground black pepper and drain on kitchen paper.

Sprinkle pasta generously with Pangritata, especially good with oil based sauces.

## SUGGESTIONS FOR PASTA

Spaghetti with squashed olives, tomatoes, garlic and rocket  
Penne with balsamic vinegar, tomatoes, basil and ricotta  
Tagliatelle with green beans, pesto, and potato  
Farfalle with broccoli, chilli and anchovies  
Spaghetti with cockles, chilli and parsley  
Pappardelle with sausages, silver beet and pecorino

## HONEY ROASTED PEARS, TOASTED OATS & YOGHURT

### Ingredients

Serves 4

200g honey  
1 orange and lemon, thinly peeled rind and juice  
1 vanilla bean, split and seeds scraped  
4 pears, unpeeled, halved, cores removed (a melon-baller works well)  
2 tsp orange blossom water, optional  
100g oats,  
30-50g brown sugar  
Pinch cardamom  
Thick Greek yoghurt to serve

### Method

Preheat the oven to 200C.  
Simmer honey, juices, rinds and vanilla bean and seeds in a small saucepan over medium heat until reduced to a light syrup (8-10 minutes). Place pears, cut-side up in a roasting pan large enough to fit pears snugly. Pour over honey mixture and roast, basting occasionally, until tender and begin to caramelize (20-25 minutes).  
Meanwhile mix oats with sugar and cardamom, spread out onto a baking tray and toast until lightly golden and getting a little crunchy in places. Remove from the oven and cool.  
Remove the pears from the pan, stir through the orange blossom water if using and serve the pears with a generous spoon of yoghurt and syrup drizzled over, and a scattering of toasted oats.

## ROAST YAM AND MAPLE SOUP

Serves 4-6

Goddards have the first of the seasons, sweet and plump yams available

### Ingredients

1.5 kg yams  
2 onions, sliced thinly  
1 clove garlic  
1 fresh bay leaf (optional)  
2 sprigs fresh thyme  
75ml maple syrup  
Oil  
Chicken or vegetable stock  
Salt and freshly ground pepper  
Cream to garnish (optional)

### Method

Preheat your oven to 200C. Put the washed yams into a baking dish and drizzle over the maple syrup, sprinkle with a little salt and pepper give the pan a shake to coat all the yams. Roast until the yams soften and caramelize, (10-15 minutes).

Meanwhile in a large pot, add a little oil and cook the onions and garlic gently without colouring for at least 5 minutes. This stage is vital to adding more depth of flavour to your soup. When the yams are ready add them to the onions. Pour a little stock into the oven dish which the yams were cooked in and give it a scrap to ensure you get all the yummy bits off the pan. Pour all the liquid into the pot with the yams and onions. Add some more stock to just cover the yams along with the thyme and bay leaf if using. Season lightly with salt and pepper and cook gently for at least 30 minutes so that the flavours have time to develop.

When the yams are soft and mushy and the soup has taken on a cloudy appearance. It is ready to puree, either in a food processor or with a stick wand. I personally like this soup quite smooth.

Check the seasoning and adjust if necessary. If it is too thick add a little more stock or water to loosen the soup to your desired consistency.

Serve in warm bowls, it does go well with a little fresh cream drizzled on top to soften the flavour!

THANK YOU TO THE FOLLOWING VENDORS FOR THEIR PRODUCE

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