



PASSION IS COOKING

Anita Heidema & Chef Dario Tomaselli

www.passioniscooking.com | Passion is cooking Lifestyle TV



Orecchiette alla Pugliese

Cooking Info- Cooking Info- This is a simple pasta dish from the region of Puglia in the southern part of Italy. Orecchietta means little ear, the main ingredient is wheat.

Bon Appetit

Serves: 10

Prep Time:
30 mins

Cook Time:
15 mins

Ready in:
1 hr 15 min

Wine Pairing:
Franciacorta

Juice Pairing:
Popeyes
Heaven

Ingredients for the Orecchiette:

- 800 gr (2 pound) durum semolina
- 400 ml (3/4 cup) hot water
- 200 gr (1/2 cup) all purpose flour

Ingredients for the Sauce:

- 600 gr (21 oz) broccoli florets
- 500 gr (17 oz) cherry tomatoes
- 100 ml (1/3 cup) extra virgin olive oil
- 100 gr (4 oz) pecorino or parmigiano reggiano
- 40 gr (1.6 oz) anchovies
- 4 garlic cloves
- 10 gr (.3 oz) chili flakes
- 2 sprig of fresh mint
- Sea salt



Instructions:

- 1- Make a mound of semolina in the center of your work surface and create a well add the water. Start incorporating the flour and knead to form a dough. Rest dough at room temperature for 1 hour.
- 2- Take a 50-gr (size of a finger) piece of dough and roll into a 1 cm thick rope. With a knife, cut into 5 mm thick pieces.
- 3- Coat your thumb with flour and press firmly in the center of the cut pieces of dough creating an ear shape (should be slightly thinner on one side and thicker on the other)
- 4- Clean broccoli saving the flowers and leaves and wash them thoroughly. Discard the stem.
- 5- Bring pot of salted water to a boil and add broccoli. Let them cook for 3 minutes and then add the pasta. Cook both for 2 to 4 minutes or until the pasta is cooked.
- 6- In a large skillet, add the extra virgin olive oil, whole garlic cloves and anchovies and cook on low heat until the anchovies begin to melt into the oil. Add cherry tomatoes and chili flakes.
- 7- Drain the pasta and broccoli and add to the skillet with a small amount of the cooking water, sprinkle with pecorino and the fresh mint, taste for seasoning and serve.

Dario Tomaselli & Anita Heidema

When you cook together you stay together we say.

Learn the tips how for healthy, fun relationships and life.

Being Social

@passioniscooking for more recipes **Instagram. Facebook. You Tube.**

© PassionIsCooking.com 2018 Chef Dario Tomaselli & Anita Heidema

Dario Tomaselli & Anita Heidema

When you cook together you stay together we say.
Learn the tips how for healthy, fun relationships and life.

Being Social

@passioniscooking for more recipes **Instagram. Facebook. You Tube.**
© PassionIsCooking.com 2018 Chef Dario Tomaselli & Anita Heidema