



Pasta Cheat Sheet

by Matthew J. Agnone

Type of pasta: [Season] first ingredient/second ingredient/third ingredient/sauté together in sauce pot/
boil pasta less 1 min cook time to al dente/add to deep pan or sauce pot/finish with toppings listed.

Pesto pasta: [Summer] Make pesto (3 tbsp pine nuts, 3 tbsp parmesan cheese, 2 cloves garlic, heavy pinch of salt, 2 cups fresh basil, 12 tbsp or 6 oz of extra virgin olive oil, and blend)/add 2 tbsp olive oil into pan/add one dollop of pesto in the center of the olive oil/add ½ cup cannellini beans from a can after the liquid has drained, do not rinse beans with water as it removes flavor/quickly sauté to warm pesto and beans/add 1 box cooked rigatoni macaroni/add 8 tbsp of fresh uncooked pesto or more if needed/add ½ cup grated parmesan cheese/hand torn basil leaves on top/drizzle of extra virgin olive oil/serve.

Butternut squash & sage pasta: [Fall] 4 tbsp olive oil/half a red onion, diced/3 cloves garlic, chopped/15-18 fresh sage leaves/optional 3 anchovy fillets/ ¼ of a red-jalapeno-chili pepper, or more if like it spicy/sauté all together, the sages leaves will fry in the oil and the anchovy fillets will dissolve/add 2 cups of roasted butternut squash, you'll want to roast it in the oven prior to bring out it's sweet flavor (dry roast in oven @375°F for 40 mins or until browned and soft, remove the skin, cube up the edible portion and add to sauce)/smash some of the cubes of butternut squash to make the sauce thicker/add 1 box cooked farfelle bowtie noodles/ ¾ cup grated parmesan overtop/drizzle of extra virgin olive oil/serve. This one is my favorite and children will love the bowties.

Linguine aglio e olio: [Winter] 3 tbsp olive oil/2 cloves garlic, chopped/ ½ tsp crushed hot pepper flakes/sauté for 2 mins max, do not burn/add 1 box cooked linguine pasta with ½ cup pasta water/6 tbsp extra virgin olive oil/stir together vigorously to properly coat all the macaroni/optional sea salt on top/optional fresh basil on top.

Pancetta & pea pasta: [Spring] 4 tbsp olive oil/half a red onion, small-minced/add about ¾ cup pancetta, sliced into thick matchsticks or lardons/3 cloves garlic, chopped/sauté together for 5-6 mins/add 1 ½ cup fresh or frozen green peas, petite sized if you can find them/add ¼ cup pasta water to the pan/sauté until peas are warmed through/add 1 box casarecce {cah-sah-rech-ee} macaroni cooked/add ¾ cup grated parmesan cheese/add chopped fresh mint/3 tbsp extra virgin olive oil/stir everything together to coat the macaroni/top with mint/serve.

Ricotta pasta: [Year round] 4 tbsp olive oil/half a red onion, small-minced/3 cloves garlic, chopped/sauté for 4 mins, do not burn the garlic/add 1 box boiled noodles of your choice strained from salted water/add ¾ cup grated parmesan cheese/juice of half a lemon/lots of finely chopped parsley/3 tbsp extra virgin olive oil/stir everything together to coat the noodles/add 1 cup fresh ricotta cheese (stir cheese in, but please don't over mix)/serve.

