

SHEPHERD'S PASTA

(Pasta alla Pecorara "Vecchia Silvi")

INGREDIENTS:

Servings: 2 people

Pasta:

Unbleached white flour	250 g
Eggs	2
Salt	pinch

Sauce:

Olive oil	60 ml + 2 tsp
Butter	1 tsp
Small onion	1/2
Small zucchini	1
Small eggplant	1
Small, red bell pepper	1

Tomato Sauce:

Small onion	1/2
Small carrot	1/2
Small celery stalk	1/2
Crushed tomatoes	80 g
Fresh basil	5 g
Salt and freshly ground pepper	to taste
Dried Porcini or champignon mushrooms	15 g
Freshly grated Pecorino cheese	15 g
Milk	3 tbs
Ricotta cheese	15 g
Black olives	10 g

Servings: 4 people

Pasta:

Unbleached white flour	500 g
Eggs	4
Salt	pinch

Sauce:

Olive oil	90 ml + 1 tbs
Butter	1 tsp
Small onion	1
Small zucchinis	2
Small eggplants	2
Small, red bell peppers	2

Tomato Sauce:

Small onion	1/2
Small carrot	1
Small celery stalk	1
Crushed tomatoes	160 g
Fresh basil	15 g
Salt and freshly ground pepper	to taste
Dried Porcini or champignon mushrooms	30 g
Freshly grated Pecorino cheese	30 g
Milk	80 ml
Ricotta cheese	30 g
Black olives	20 g

Servings: 6 people

Pasta:
Unbleached white flour 750 g
Eggs 6
Salt pinch

Sauce:
Olive oil 120 ml + 2 tbs
Butter 1 tsp
Small onion 1
Medium zucchini 1
Medium eggplant 1
Medium red bell pepper 1

Tomato Sauce:
Small onion 1/2
Small carrot 1
Small celery stalk 1
Crushed tomatoes 240 g
Fresh basil 20 g
Salt and freshly ground pepper to taste
Dried Porcini or champignon mushrooms 40 g
Freshly grated Pecorino cheese 50 g
Milk 120 ml
Ricotta cheese 50 g
Black olives 30 g

Servings: 8 people

Pasta:
Unbleached white flour 1 kg
Eggs 8
Salt pinch

Sauce:
Olive oil 150 ml + 3 tbs
Butter 1 1/2 tsp
Small onion 1
Large zucchini 1
Large eggplant 1
Large red bell pepper 1

Tomato Sauce:
Small onion 1
Medium carrot 1
Medium celery stalk 1
Crushed tomatoes 320 g
Fresh basil 30 g
Salt and freshly ground pepper to taste
Dried Porcini or champignon mushrooms 50 g
Freshly grated Pecorino cheese 70 g
Milk 160 ml
Ricotta cheese 70 g
Black olives 40 g

Servings: 10 people

Pasta:
Unbleached white flour 1 1/4 kg

Eggs	10
Salt	pinch
Sauce:	
Olive oil	180 ml + 3 tbs
Butter	2 tsp
Onion	1
Medium zucchinis	2
Medium eggplants	2
Medium red bell peppers	2

Tomato Sauce:	
Small onion	1
Carrot	1
Celery stalk	1
Crushed tomatoes	400 g
Fresh basil	35 g
Salt and freshly ground pepper	to taste
Dried Porcini or champignon mushrooms	70 g
Freshly grated Pecorino cheese	80 g
Milk	200 ml
Ricotta cheese	80 g
Black olives	50 g

Servings: 12 people

Pasta:	
Unbleached white flour	1 1/2 kg
Eggs	12
Salt	pinch

Sauce:	
Olive oil	240 ml + 60 ml
Butter	2 tsp
Onion	1
Medium zucchinis	2
Medium eggplants	2
Medium red bell peppers	2

Tomato Sauce:	
Small onion	1
Carrot	1
Celery stalk	1
Crushed tomatoes	480 g
Fresh basil	40 g
Salt and freshly ground pepper	to taste
Dried Porcini or champignon mushrooms	80 g
Freshly grated Pecorino cheese	100 g
Milk	240 ml
Ricotta cheese	100 g
Black olives	60 g

TOOLS:

Flour sifter
 2 Skillets
 Chef's knife
 Cutting board
 Wooden fork

Vegetable peeler
Bowl
Wooden spoon
Colander
Pasta pot

PREPARATION:

Prepare the pasta:

Sift the flour and salt onto a work surface and make a well in the center. Break the eggs into the well and *mix* it with a fork. Draw in flour from the sides and continue to *mix until it is well-combined*. Sprinkle flour over the mixture and knead it for 10 minutes until it is elastic but still firm. It may be necessary to add more flour to achieve this. Shape the dough into a ball and cover it with a kitchen towel and let it rest for 15 minutes. Knead the dough again for 5-10 minutes until it is very smooth and pliable. Cover the dough and let rest for 20 minutes.

Prepare the vegetable sauce:

Soak the mushrooms for 15 minutes in hot water and then drain and slice. *Trim and dice the zucchini and the eggplant*. Dice the red bell pepper. *Dice the onion*. Place a small amount of olive oil and butter in a skillet. Add the onion to the skillet and place it over low heat. Stir in the other vegetables and cook until tender. Remove the pan from the heat.

Prepare the tomato sauce:

Peel and halve a carrot lengthwise. *Slice off a small wedge of onion*. Pour some oil in another skillet. Add the onion, carrot, and celery to the skillet. Briefly sauté over moderate heat and add the tomatoes. Add a few basil leaves, a pinch of salt and freshly ground pepper and cook for 15 minutes. Remove the carrot, onion, and celery.

Form the pasta:

Shape the pasta into cords. Pinch off small pieces. *Roll the cords* between your palms (5-7 mm thick) and pinch the ends shut with your fingers, forming rings. Place them on a lightly floured surface. Let rest for 15 minutes. Cook the pasta in lightly-salted boiling water until almost al-dente.

Drain the pasta and add it to the vegetable sauce. *Stir to combine* and sauté over moderate heat. Spoon in half the tomato sauce. Sprinkle with Pecorino cheese. Add the milk and stir well to combine. Add the remaining tomato sauce. Season to taste with salt and pepper. Remove from heat. Transfer to a serving plate. Sprinkle the ricotta cheese, remaining basil, and olives over and serve.

This recipe comes from *Vecchia Silvi*.