

# PASTA

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MY FOOD JOURNAL



**POPSICLE SOCIETY**

It's all about you

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10 Easy Recipes For Every Home Cook

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[www.popsiclesociety.com](http://www.popsiclesociety.com)





# Hello,

*Cheers!*

*Ribana, Popsicle Society*

I am a pasta lover and no matter how often I eat it I can't never have enough of it.

If you are like me, see my 10 easy pasta recipes for every home cook.

No, I'm not a chef but if **I can** cook this, **you definitely can too!**

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1. Spaghetti with clams
  2. Farfalle with veggies
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  4. Creamy cheese pasta
  5. Tagliatelle al ragù
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  7. Spaghetti aglio e olio
  8. Penne with tuna & olives
  9. Truffle fettuccine pasta with artichoke paste
  10. Tagliatelle verdi al ragù



# *Spaghetti with clams*



## *ingredients*

- spaghetti
- frozen clams
- 1-2 cloves of garlic
- 1 chopped red chilli
- a good quality of extra virgin olive oil
- white wine
- chopped parsley
- salt & pepper

## *instructions*

- add the extra virgin olive oil in a pan, the cloves of garlic and the chopped red chilli and cook for 30 seconds to a minute, until the garlic just is on the edge of browning.
- add the clams, add some white wine, salt & pepper and let it simmer with the lid on, for 2-3 minutes or until all the clams are opened then add the chopped parsley.
- bring a large pot of salted water to a boil and add the spaghetti to the boiling water. Cook as indicated on the box.
- when the pasta is done to the point of al dente (cooked but still a little firm when you bite), drain it and place it in a serving bowl.
- pour the clams sauce over the spaghetti and toss to combine.
- sprinkle with extra virgin olive oil and with a little more fresh chopped parsley.
- serve immediately.



# Farfalle with veggies



## ingredients

- farfalle pasta
- chopped onion, garlic, carrots, celery, fresh red chilly
- chopped zucchini
- diced fresh mozzarella
- extra virgin olive oil
- salt & pepper

## instructions

- bring a large covered saucepan of salted water to a boil.
- in the meantime, heat some extra virgin olive oil into a skillet over medium-high heat. Add finely chopped onion, garlic, carrots, celery and fresh red chilly and stir to coat.
- after 1-2 minutes add chopped zucchini. Season with salt and pepper and cook until the veggies are tender, approximately 8-10 minutes.
- add pasta to boiling water and cook as label directs. Make sure you don't overcook it. Keep it al dente.
- drain the pasta, add the veggies and diced fresh mozzarella, which with the heat of the pasta will become uue gueue.
- that's it! As simple as that! Enjoy!





# *Carnobara Spaghetti*

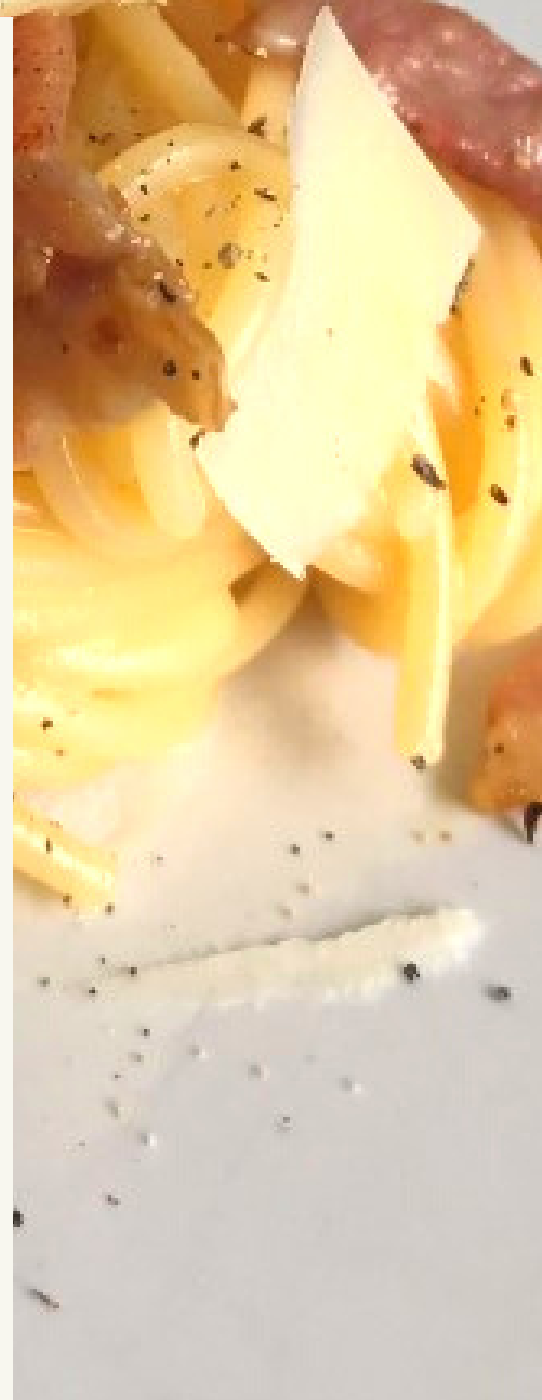


## *ingredients*

- spaghetti
- bacon or pancetta
- egg yolks
- grated pecorino romano and parmesan cheese
- salt & pepper

## *instructions*

- bring a large covered saucepan of salted water to a boil.
- in another saucepan, cook bacon (or pancetta) over medium heat until crisp, about 7 to 10 minutes.
- in a mixing bowl, whisk together egg yolks, grated pecorino romano and parmesan cheese. Season with a pinch of salt and generous black pepper.
- add the spaghetti to the boiling water and cook al dente.
- toss drained pasta with cooked bacon and pour egg mixture.
- serve immediately, dressing it with a bit of additional grated parmesan and freshly ground pepper.
- so so delicious! Enjoy!



# *Creamy cheese pasta*



## *ingredients*

- conchiglie pasta
- blue cheese or gorgonzola
- cream
- salt & pepper

## *instructions*

- cook pasta according to package directions making sure is al dente and not overcooked.
- in the meanwhile, in a pan put the blue cheese or the gorgonzola and some cream.
- cook, stirring, until the cheese has melted and the sauce is smooth and well blended. It will take you not more than 5 minutes.
- drain your pasta and toss with the creamy cheese sauce and garnish with fresh grated pepper and grated parmesan cheese if you wish and you're done. It's that simple!
- Enjoy!





# Tagliatelle al ragù



## ingredients

- tagliatelle
- chopped carrot, celery and onion
- minced meat: beef and pork
- red wine
- tomato sauce
- a piece of fresh rosemary stem and a bay leaf
- extra virgin olive oil
- grated parmesan cheese
- salt & pepper

## instructions

- to make the ragù, start doing the soffritto. Heat some extravirgin olive oil in a pan, add the chopped carrot, celery and onion and fry gently for about 10 minutes. Add the minced meats and stir well.
- cook for a few minutes to brown the meat, then add the wine and bubble for a few minutes to allow the alcohol to evaporate a little.
- stir in the tomato sauce, a piece of fresh rosemary stem and bay leaf. Leave to simmer for 1 hour, adding some stock if the mixture becomes dry. Season to taste with salt and pepper.
- cook the tagliatelle in boiling salted water until al dente, then drain and mix with the ragù sauce. Sprinkle a little bit of Parmesan cheese on top and serve.
- Enjoy!



# *Trofie with pesto alla Genovese*



## *ingredients*

- trofie pasta
- basil leaves
- pine nuts
- small garlic cloves
- Parmigiano Reggiano cheese
- Pecorino Romano cheese
- extra virgin olive oil
- salt

## *instructions*

- start by doing the homemade pesto: first thing roast your pine nuts if are not roasted already. Then place the basil leaves, garlic cloves and salt into a mortar, and bash it all together, then add the roasted pine nuts and grind it with the pestle until it's a paste. If you don't have the mortar and pestle, you can use a food processor to blend until finely chopped. Add the grated cheese and extra virgin olive oil and mix together.
- cook the trofie in salted water slightly al dente and drain.
- season with pecorino cheese and a few tablespoons of cooking water, then pour the pesto. Stir to mix well and serve.
- Enjoy!





# *Spaghetti aglio & olio*



## *ingredients*

- spaghetti
- 3 cloves of garlic
- extra virgin olive oil
- fresh chilli
- salt
- parmigiano reggiano cheese, optional

## *instructions*

- bring a large pot of lightly salted water to a boil.
- cook spaghetti in the boiling water, stirring occasionally until cooked through but not overcooked, make sure is al dente, about 9 minutes, or according to package instructions.
- in the meantime, in a skillet add the garlic, crushed or sliced as you prefer, chopped fresh chilli and a generous amount of a good extra virgin olive oil.
- cook over medium heat to slowly toast the garlic and the chilli, about 1-2 minutes, making sure you don't burn the garlic. Remove from heat.
- drain the pasta then remove the garlic if you wish and pour over the extra virgin olive oil with chilli and stir well until everything is well combined.
- sprinkle some grated parmigiano reggiano cheese if you want and serve immediately while hot.





# *Penne with tuna & olives*



## *ingredients*

- penne
- half of a medium shallot
- extra virgin olive oil
- pitted Kalamata olives, or other black olives
- a can of tuna flakes in extra virgin olive oil
- freshly grated parmesan cheese
- a pinch of salt and pepper

## *instructions*

- start with the sauce: in a pan put the finely chopped shallot, extra virgin olive oil, the olives and the drained tuna, season with salt and pepper, and let it sizzle for 2-3 minutes then remove from the heat. Your sauce is done.
- now is time to cook the pasta: Begin heating a large pot of water for the pasta. When the water for the pasta comes to a boil, add a generous tablespoon of salt and the pasta. Cook al dente, or until firm to the bite, following the cooking instructions on the package but checking the pasta a minute or two before the indicated time, you don't want to overcook it.
- when the pasta is al dente, drain and add the sauce and the grated parmesan.
- toss everything together and serve.







# *Truffle fettuccine with artichoke paste*



## *ingredients*

- truffle fettuccine
- artichoke paste
- grated parmesan and pecorino cheese
- truffle slices (optional)

## *instructions*

- cook the pasta according to package instructions making sure to keep it al dente.
- drain it but keep aside 2-3 tablespoons of cooking water.
- add the artichoke paste, the grated parmesan and pecorino cheese and the cooking water and stir well.
- add a few of truffle slices on top of the pasta if you wish.
- enjoy your fancy 5 Michelin star dish.

# *Tagliatelle verdi con ragù*

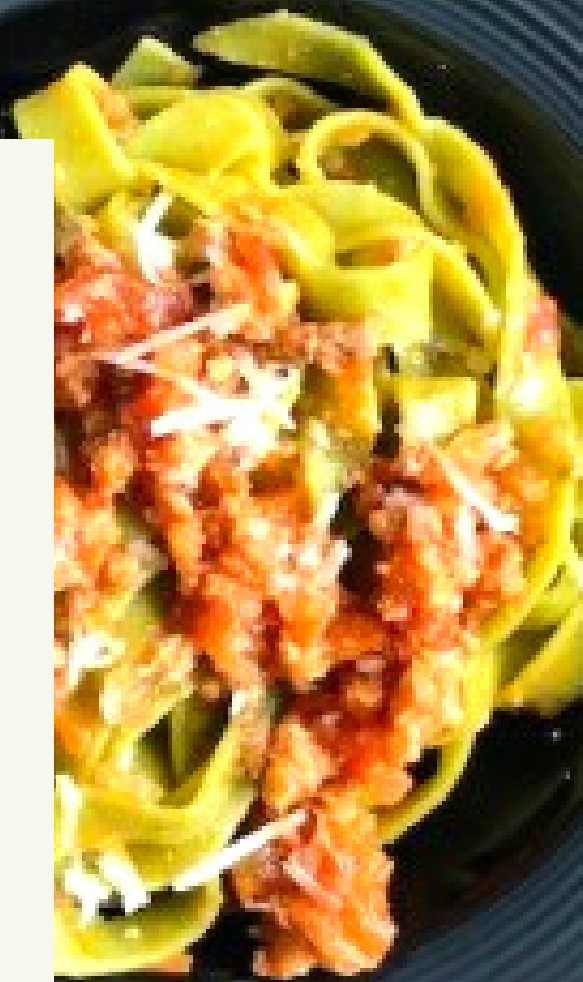


## *ingredients*

- green tagliatelle
- ragù
- grated parmesan cheese

## *instructions*

- prepare the ragù as per instructions from my previous recipe Tagliatelle al ragù
- when your ragù is ready, bring a pot of water to boil, add course salt and cook for 2-3 minutes your green tagliatelle.
- drain and serve with your ragù sauce and some grated Parmesan cheese on top.
- Delizioso!





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No quantities mentioned as with pasta we never can have enough.  
Check my blog [www.popsiclesociety.com](http://www.popsiclesociety.com) for step-by-step pictures  
for all recipes.

And if you try them, I would love to see them.

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