



The Farmyard Trading Post

A fresh look at yesteryear

Pasta Puttanesca

Ingredients:

1 can chopped Italian Tomatoes
1 large onion, diced
4 cloves of garlic, halved
5 anchovy filets, chopped
4 Tablespoons extra virgin olive oil
1 cup sliced black olives
3 Tablespoons capers, drained
2 Tablespoons dried parsley, chopped
1/2 to 1 small red chili pepper, chopped
Salt and pepper to taste
500gr packet spaghetti or any pasta you prefer
As is, this recipe provides 4 portions.

Cooking Method:

Set the pasta water to boil. Then follow package instructions to boil your pasta; of course, allow less boiling time for 'al dente'

Make sure you have olives, parsley and capers left for the end to be used for presentation.

In a deep saucepan lightly cook the garlic until brown, in hot oil.

Add the onion and cook for 2 minutes

Add all the anchovies, crush well with a fork.

Mix in the tomatoes, olives, capers and the chili, cook over medium high heat for 10 minutes, stirring occasionally.

Add the parsley and cook the sauce a little more.

Put the ready and drained pasta in the pan, top with the sauce and toss pasta to coat.

Now, sprinkle some fresh chopped parsley.

It is against Italian tradition to add cheese to this dish