

Pasta Fresca: Orecchiette Alla Caprese

La Caprese

La caprese è un antipasto with fresh mozzarella, tomatoes, basil and good olive oil. This is a variation for a quick and easy summery pasta sauce.

Ingredienti

- *Pomodorini*/cherry tomatoes, o you can also use other kinds of tomatoes
- *Mozzarella fresca*/fresh mozzarella, if you like it you can use *mozzarella di bufala*
- *foglie di basilico fresco*/leaves of fresh basil
- *olio extravergine di oliva*
- *sale, pepe, peperoncino*
- optional: *capperi*/capers. If you use capers in salt, rinse them well before use
- optional: *pecorino romano grattugiato*/grated

If you do not like to cook a *occhio*/by eye, then for four people consider about 1 lb of *pomodorini* and 1 large *mozzarella* (7–8 oz).

Procedimento

1. *Lava e taglia*/wash and cut *i pomodorini* in quarters.
2. *Taglia la mozzarella a cubetti*.
3. *In una ciotola grande*/in a large bowl *mescola*/mix *i pomodorini, la mozzarella, few* (washed) leaves of basil (whole, or broken in pieces, using your hands), olive oil, salt, pepper, and red crushed pepper.
4. If you like them, add a bunch of *capperi* and *pecorino romano*.
5. Your pasta sauce is ready. You do not need to cook anything! When the pasta is cooked and drained, mix all together in the bowl or in the pot.

Buon appetito =)

Orecchiette Fresche

Le orecchiette sono un tipo di pasta originario della regione Puglia.

Orecchietta literally means "little cute ear" (*orecchio* or *orecchia* = ear).

Ingredienti (per 4 persone)

- 400 g *di farina di grano duro* (literally "flour of hard wheat" → durum flour, or sifted semolina flour – about 3 cups)
- *Un pizzico di sale*

- *Acqua tiepida*/warm water, as much as needed

Procedimento

1. *Impasta*/knead forcefully for at least 10 minutes. You want the dough to be hard, smooth, and elastic. Wrap the dough in plastic wrap and let it rest for about 30 minutes. If you do not have the patience/*la pazienza* to wait it's ok. ;)
2. Roll pieces of dough into ropes as thin as a pen, and with a knife cut pieces of about 1/4". With your hands, or with the help of a knife, give these pieces the characteristic *orecchietta* shape. Watch our videos or check out this link for visual help <http://www.gennarino.org/orecchiette.htm>.
3. If you are not starving, let the *orecchiette* dry for a few hours. You can skip this step.
4. Cook your *orecchiette* in boiling salty water for about 10 minutes or until *al dente*.

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