



CAVATELLI ALLA NORMA

INGREDIENTS FOR 500g of PASTA

400 gr Semolina flour (suggested) or All-purpose flour
240 gr of temperature water
salt to taste

INSTRUCTIONS FOR THE DOUGH

Mix together flour and salt on a clean surface

Make a hole in the center and add gradually 1/2 cup of water and oil

Work the flour until forming a dough

Knead the dough until smooth for about 5 minutes

Wrap it in plastic and place a tea towel on top: let it rest for about an hour.

Sprinkle 2 rimmed baking sheets with semolina flour

Divide the dough in 8 pieces

Roll 1 piece at time into a long rope, about 1/3 diameter,
then cut the rope into 1/3 long pieces.

Using the tips of index and middle fingers, press each pieces and
pull the dough towards you so it lengthens slightly and form a curl in the middle.

Transfer the pieces in a baking sheet and put on the gas a pot full of water

When it starts boiling, add 3 tps of salt and the pieces of pasta.

Stir the pasta and wait 15 minutes, until the cavatelli surface.

Take the pieces out and transfer them in the frying pan with the sauce.

Stir fry for 3 minutes and enjoy with a glass of red wine!



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INGREDIENTS FOR THE SAUCE

Celery 500 g
Eggplants 1
Sheep's milk ricotta (salted) 150 g
Tomatoes 1.5 kg
Garlic 4 cloves
Basil 1 bunch
Salt to taste
Extra virgin olive oil for frying

INSTRUCTIONS FOR THE SAUCE

Wash and dry the eggplant well, cut it into slices about 8 mm thick and transfer them to a colander.

Sprinkle them with salt 4 and let them rest at least 15 minutes.

Meanwhile, take care of the tomatoes: wash them and cut them in half.

Cook in a saucepan with a pinch of salt, 3 cloves of garlic and a bunch of basil. Let it cook for 30 minutes without adding anything over low heat; the tomatoes will release their water. After the 30 minutes, remove the garlic and basil. Transfer the tomatoes to a fine-mesh food processor and mash them.

Once you have your passata, transferred to a frying pan, add one more clove of garlic and a sprig of basil. Let it cook another 40 minutes, stirring occasionally. Take the eggplants, then pour extra-virgin olive oil into a high-sided pan and bring it to a temperature of about 170-180°. Dip a few eggplants at a time into the oil and turn them occasionally. It will take a few minutes for them to turn out nicely browned.

At this point transfer them to a tray lined with kitchen paper.

Your sauce is ready! Cook the cavatelli in boiling water for a few minutes and add the fried eggplant with plenty of grated salted sheep's milk ricotta and a basil leaf.