Arrabiata Pasta

Ingrediants:

Pasta: This recipe needs fusilli pasta. However, you certainly can swap with whatever hearty pasta you like. Traditional arrabiata is made with penne, but you can even use macaroni, rigatoni, ziti or shell pasta.

Tomatoes: A sauce made from scratch with a fresh tomato puree base is the real star of this dish. You’ll want ripe tomatoes to make the puree using a food processor or blender.

Spices and seasonings: Garlic, basil and red chili peppers add great spicy, earthy flavor to the sauce. Use your choice of chopped fresh red chili peppers (chilies) or crushed red pepper chili flakes. The fresh peppers will have a bit more heat to them than the dried flakes. You even can use simple red chili powder if fresh chiles or red chili flakes aren’t available.

Cooking Pasta:

Heat 4 cups of water together with ½ teaspoon salt in a pot. Bring the water to a boil.

Then add 2 cups fusilli pasta (175 grams). You can add penne, rigatoni, ziti, shell or macaroni pasta instead.

On a medium to high heat, cook until the pasta is al dente or cook it completely, based on your preference.

In a colander, drain the pasta and set aside.

Tomato Puree:

Peel and roughly chop 2 large tomatoes (220 grams). Add them in a blender or a food chopper or processor.

Without adding any water, blend to a smooth puree. Set aside. If using canned tomato puree, include 1 cup of it.

Arrabiata Sauce:

Heat 2 tablespoons olive oil in a skillet or pan on a low or medium heat. Add 1 teaspoon finely chopped garlic. Sauté for some seconds. There is no need to brown garlic.

Then add 2 teaspoons of fresh or dried crushed red pepper (chili flakes). Stir and mix in the oil. You can reduce or increase the amount of crushed red pepper depending on your spice and heat tolerance.

Next add the prepared tomato puree.

Combine and mix well.

Cover the pan with its lid.

On a low heat, simmer the sauce for about 10 to 12 minutes until the raw flavor and taste of tomatoes goes away.

Pasta Arrabiata:

Add ¼ teaspoon dried oregano, ¼ teaspoon ground black pepper. You can also add ¼ teaspoon sugar.

Add the cooked pasta to your sauce.

Combine and mix very well, so that the sauce coats the pasta evenly.

Switch off the heat and add 1 tablespoon chopped basil leaves. Mix again. You can add more basil if you like.