

وصفة صلصة المعكرونة من أنستازيا

теперь с мускатной тыквой!

Life is too short to ever make the same dish the same way twice. That being said, recipe time!

Ингредиенты

- ☐ тыква мускатная
- ☐ масло
- ☐ нут
- ☐ измельченные помидоры
- ☐ травы
 - ☐ базилик
 - ☐ орегано
 - ☐ мята
 - ☐ розмарин
 - ☐ майоран
 - ☐ тимьян
 - ☐ и так далии
- ☐ красный перец хлопьями
- ☐ копченая паприка
- ☐ чеснок
- ☐ соль
- ☐ маринованные халапеньо, уксус или вино
- ☐ кокосовые сливки или жирные сливки
 - ☐ (или молоко)
- ☐ пшеничная или рисовая мука
- ☐ сыр моцарелла
- ☐ горох

مكونات

- ☐ القرع الجوزي
- ☐ زيت أو زبدة
- ☐ الحمص
- ☐ طماطم مهروسة
- ☐ أعشاب
 - ☐ رِيحَان
 - ☐ مردقوش
 - ☐ نعناع
 - ☐ إكليل الجبل
 - ☐ مردقوش
 - ☐ زعتر
 - ☐ وهكذا
- ☐ فلفل احمر مطحون
- ☐ فلفل مدخن
- ☐ ثوم
- ☐ ملح
- ☐ الفلفل الحار المخلل أو الخل أو النبيذ
- ☐ كريمة جوز الهند، كريمة ثقيلة
- ☐ (أو الحليب)
- ☐ دقيق القمح أو الأرز
- ☐ جبنة موزاريلا
- ☐ البازلاء



1. Cook your (dried) chickpeas

This is by far the longest step, but also requires the least effort. Put your chickpeas in a pot and cover with water. Error on the side of having more water in the pot than needed, and make sure to leave space for them to expand without overflowing! Then just let them sit overnight. The next day drain the water and replace with new water, then bring the pot to a boil. After the water starts to boil, put the stove on low and leave for two hours. If you use canned chickpeas you can skip this step, but they cost about three times more so decide if that is worth it I guess.

2. Bake the butternut squash

Preheat your oven to 400 °F (200 °C). Cut your squash in half longways. Remove the top of the stem with a knife, remove any seeds if there are any, and cut a jack-o'-lantern face into them. Then rub them with an oil of your choice and cook on a baking tray for forty minutes.

3. Crisp the chickpeas

Crush your chickpeas and garlic. Then add oil or butter to a saucepan on medium heat. Let it heat up a bit, the butter should be melted if you are using butter, then add your crushed chickpeas and garlic. Fry until either the chickpeas or the garlic turns brown, whichever happens first.

4. Add your crushed tomatoes to the saucepan

Pour quickly to avoid getting sprayed with hot oil, then slightly lower the heat. Let the tomatoes cook for roughly two minutes, then when they have settled into a simmer add the herbs, spices, and salt to the pan. An important thing to look out for is that the tomatoes will smell different after cooking for a few minutes, avoid adding the herbs or spices before then; do whatever you want with the salt though.

5. Pickled jalapenos, vinegar, or wine

By this point your sauce should have started smelling like tomato sauce. Your herbs and simmered tomatoes make up most of the fragrance so if you are not there yet try to let them simmer for another minute or so. However, all that simmering will probably also make the mixture a bit thick, so now is the perfect time to add a source of vinegar. My personal favorite – and the one I would recommend, for so many reasons – is pickled jalapenos. If you go this route you should actually not add the jalapenos themselves yet, but pour the brine into the saucepan and mix. Some other tasty options are vinegar or wine. Both are delicious alternatives – and can be a bit cheaper – but not quite as great in my opinion. Wine also takes weeks to make, so add that to your preparation time.

6. Butternut squash time!

The star of the show – though also the least necessary – is the squash. Peel the squash and add into the saucepan. The squash will be soft enough from the baking step to squash into the rest of the sauce. Be careful to avoid letting it stick to the bottom of the pan.

7. Coconut cream, heavy cream, or milk

As soon as the sauce is mostly homogenous again you can add the cream. Coconut cream and heavy cream are both equally great. Milk also works, but just know that it will first turn into tiny pieces of cottage cheese then homogenize over time. After mixing the sauce should turn a bright orange color and be roughly the right consistency. If the sauce is too thick – especially if you used one of the two creams – you can add a bit of water at this stage.

8. Wheat or rice flour

If you want a thicker sauce – especially great for cold days or mac-n-cheese vibes – add flour.

9. Mix in your cooked pasta and add toppings

Pasta is not technically an ingredient but mix in the pasta and avoid pouring the sauce on top. After plating add cheese, peas, and pickled jalapenos on top.

10. Om nom nom nom!

Eat with friends, family, or strangers – it is always more fun that way.

