

SPAGHETTI AI GAMBERI

INGREDIENTS

800 g of fresh prawns
320 g of Spaghetti
300 g of cherry tomatoes
50 g of Extra Virgin Olive Oil
50 g of white wine
50 g of water
2 cloves of garlic
1 shallot
to taste of fine salt
parsley to taste

INSTRUCTIONS

Step 1: To prepare Spaghetti with Prawns, start by cleaning the prawns, taking care to keep the heads aside and eliminate the internal black vein.

Step 2: Wash, clean and cut the cherry tomatoes in half. Peel the garlic clove, clean the shallot and slice it quite finely.

Step 3: Pour a tbsp or two of olive oil into a large pan, add the prawn heads, one of the two cloves of garlic, the sliced shallot, a couple of cherry tomatoes and cook for a few minutes. Until the prawns and garlic are fragrant and starting to colour.

Step 4: Add the wine and water and continue cooking for another fifteen minutes, taking care to crush the prawn heads with a wooden spoon to flavor the stock.

Step 5: In the meantime, take a non-stick pan, pour in the remaining oil, add the garlic clove, the leftover cherry tomatoes and sauté everything over a high heat for a few minutes.

Step 6: While this is happening cook the spaghetti in plenty of lightly salted water, remembering to drain it when it is still al dente.

Step 7: Add the cleaned prawns to the pan with the tomatoes, continuing cooking for another couple of minutes.

Step 8: Take the pan with the prawn heads again, remove them, process the rest of the ingredients with a food mill and then pass the liquid obtained through a narrow mesh strainer.

Step 9: Add the liquid just obtained into the pan with the cherry tomatoes and prawns, stir to combine and also add the spaghetti.

Step 10: Stir to combine the spaghetti with the sauce and finish cooking the pasta. Plate, sprinkle with fresh chopped parsley and serve.

THE COOKERY

by The Secret Jozi Chef