

Chef from the Hood Recipes



Chef:
Colleen McGlynn & Ridgely Evers

Restaurant:
DaVero Olive Oil Company

Recipe:
Pasta Orecchiette with Cauliflower!

Italians often start a pot of water to boil before they take inventory of what will accompany the pasta. Simple, delicious meals like this are often the result of their resourcefulness. Colleen McGlynn's recipe is so easy that after a few times, you'll make it by memory. Great on a late night when you want something good, fresh and fast. The ingredients are simple, and most are found in your pantry; or should be!

Recipe serves 4 to 5.

Ingredients:

- 1 pound dried orecchiette pasta
- 1 head of cauliflower (about 2 pounds)
- 4 cloves of fresh peeled garlic
- 6 anchovy filets
- 1/4 cup golden raisins
- 1/4 cup pine nuts, toasted
- 1/2 cup Italian parsley leaves
- 3/4 cup DaVero Dry Creek olive oil
- Kosher salt & fresh ground pepper
- good pinch of red pepper flakes

Procedure:

Cut cauliflower into flowerets. Discard stems and leaves.* Bring a large pot of water to a boil. Add salt, enough so that it tastes like sea water. Blanch the flowerets until just done, about 3-4 minutes. Remove from water with a slotted spoon. Slice garlic cloves thinly. Mash anchovy filets into a paste with the side of a chef's knife. Toast pine nuts lightly in a 350° oven until they take on a golden color (watch closely, they can burn in minutes!).

Pick the parsley leaves off the stems. Heat oil gently in a pot large enough to hold the cauliflower along with the garlic and anchovy. Add the cauliflower, raisins and pine nuts. Stir gently to coat with oil. Add the pepper flakes, salt and pepper to taste. Set aside. Add pasta to the pot of boiling water and cook until it is al dente. Drain pasta and add to the cauliflower mixture. Gently stir and heat through for a minute. Add parsley leaves and serve immediately.

*Thrifty Italian cooks save vegetable trimmings like stems to use in a stock. If you cook often, place trimmings into a zippered bag and freeze until you have enough to make a stock.