

## PASTA

# Pasta Sauce Primer

**D**on't be put off by the complexity of some pasta sauces. Quite simply all Italian sauces use either cream, tomatoes, or oil as their base. Cream sauces are cooked in a frying pan for a short amount of time. The cream is added last and reduced to the desired thickness.

Tomato sauces are usually cooked in a large pot and allowed to simmer for at least an hour to thicken and enhance the flavor. Sauces using fresh tomatoes, however, are more often made quickly in a frying pan. The tomatoes are sautéed along with other fresh ingredients like basil and onions. Oil-based sauces are the fastest sauces, usually requiring only a quick sauté of the main ingredients in a frying pan with enough olive oil to coat the pasta.

Below is a quick reference guide for sauces. Those included in *Dad's Own Cookbook* are noted with stars. Others can be found in any number of Italian or pasta cookbooks. Most recipes use sautéed onions and garlic as prime ingredients.

## Cream Sauces

Name	Ingredients	Cooking Time	Serve with
<b>Alfredo</b>	Cream, Parmesan, butter	5 minutes	Fettuccine
<b>Carbonara*</b>	Bacon, eggs, Parmesan, cream	10 minutes	Spaghetti, penne

## Garlic

Dealing with garlic quickly and efficiently will propel you through many recipes. Garlic burns easily (making it bitter) and should be sautéed for no more than a minute or so.

### Minced garlic

1. Separate the clove from the head of garlic.
2. Using a paring knife, trim off the stem end. Peel off the shell from the garlic clove.
3. Place the flat side of a chef's knife over the clove and smack it hard enough to mash the clove.
4. Chop the mashed clove until it is finely minced.

To prepare garlic for cooking, chop it with a knife. But for salad dressing, peel the clove, then use a garlic press to crush it fine enough to dissolve into the liquid.

## Cream Sauces (cont.)

Name	Ingredients	Cooking Time	Serve with
<b>Gorgonzola</b>	Gorgonzola, cream, butter, Parmesan	5 minutes	Fettuccine, spaghetti, penne
<b>Primavera</b>	Zucchini, yellow squash, red bell pepper, cream, butter, Parmesan	10 minutes	Fettuccine, penne, small shells
<b>alla Saffi</b>	Asparagus, smoked ham, butter, cream	20 minutes	Spaghetti, fettuccine

## Tomato-Based Sauces

Name	Ingredients	Cooking Time	Serve with
<b>Amatriciana</b>	Bacon, tomatoes, hot red pepper, Parmesan	40 minutes	Spaghetti, vermicelli
<b>Bolognese*</b>	Tomatoes, meat, peppers, carrots, wine	2–4 hours	Spaghetti, ziti, most shapes
<b>Clam (red)</b>	Clams, tomatoes, anchovies, parsley	20 minutes	Spaghetti, linguine
<b>Marinara*</b>	Tomatoes, wine, basil, oregano, stock	1–2 hours	Most shapes
<b>Pescatore*</b>	Shrimp, fish, scallops, tomatoes, fish stock	20 minutes	Spaghetti, linguine
<b>Puttanesca*</b>	Anchovies, garlic, tuna, olives, capers, tomatoes	40 minutes	Spaghetti, penne
<b>Sausage and Basil*</b>	Sausage, basil, tomatoes	20 minutes	Spaghetti, ziti
<b>Siciliana</b>	Eggplant, tomatoes, Parmesan, ricotta, basil	40 minutes	Spaghetti, ziti
<b>al Tonno*</b>	Tuna, roasted red pepper, tomatoes	20 minutes	Spaghetti, linguine

## Oil-Based Sauces

Name	Ingredients	Cooking Time	Serve with
<b>Broccoli and Garlic*</b>	Broccoli, olive oil, Parmesan, garlic	20 minutes	Spaghetti, penne
<b>Clam (white)</b>	Clams, garlic, fish stock, olive oil	20 minutes	Spaghetti, linguine
<b>Garlic and Oil</b>	Garlic, olive oil, Parmesan	10 minutes	Spaghetti, linguine
<b>Pesto</b>	Basil, olive oil, Parmesan	10 minutes	Spaghetti, shells, orzo, penne
<b>al Sarde</b>	Sardines, fennel, olive oil, raisins, pine nuts, anchovies, saffron, tomato paste	20 minutes	Spaghetti, thick linguine