

# Food

By Betty Brown

## FAMOUS AND FABULOUS PASTA

*Pasta, the Italian word for "paste" is a well-known food product to all of us. Made from semolina (the purified middlings of hard durum, or macaroni wheat) and water, the varieties best known to us are spaghetti, macaroni, noodles, and lasagna. However, pasta comes in many additional forms. In Italy, the country with which pasta and pasta dishes are most closely associated, there are more than 100 varieties, ranging from large ones to be stuffed, like lasagna, to very small decorative shapes, like stars, hearts, animals and letters, often found in soups. There are also shells, butterflies, curls, wavy ones, snails and fluted ones — all available in several different sizes. Intriguing, too, are the colored pastas. Spinach is added to the paste to make green pasta, beet juice is added to make red pasta and eggs are used to make bright yellow pasta.*

*While we all have our favorite recipes for spaghetti, macaroni and cheese, lasagna and noodles, here are a few pasta recipes that are deliciously different and which you may find enjoyable.*

### FETTUCINE ALFREDO

1 lb. noodles  
 ½ cup fresh sweet butter, cut into pieces  
 2 cups freshly grated Parmesan cheese  
 ½ teaspoon pepper

Cook noodles. Drain. Place in hot deep serving dish. Add butter, cheese and pepper and toss thoroughly but quickly. Cheese and butter should melt into a creamy sauce that coats the noodles. Makes 6 servings.

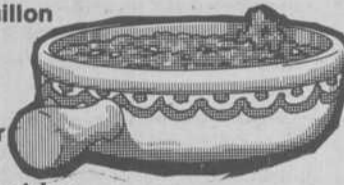
### PASTA PRIMAVERA

½ cup (1 stick) unsalted butter  
 1 medium onion, minced  
 1 large garlic clove, minced  
 1 lb. thin asparagus, tough ends trimmed, cut diagonally into ¼ inch slices, tips left in tact  
 ½ lb. mushrooms, thinly sliced  
 6 ozs. cauliflower, broken into small florets  
 1 medium zucchini, cut into ¼ inch rounds  
 1 small carrot, halved lengthwise, cut diagonally into 1/8 inch slices  
 1 cup whipping cream  
 ½ cup chicken stock  
 2 tablespoons chopped fresh basil or 2 teaspoons dried  
 1 cup frozen tiny peas, thawed  
 2 ozs. prosciutto or cooked ham, chopped  
 5 green onions, chopped  
 Salt and freshly ground pepper  
 1 lb. fettucce or linguine, cooked al dente, thoroughly drained  
 1 cup freshly grated imported Parmesan cheese

Heat wok or large deep skillet over medium-high heat. Add butter, onion and garlic and saute until onion is softened, about 2 minutes. Mix in asparagus, mushrooms, cauliflower, zucchini and carrot and stir-fry 2 minutes. (At this point, remove several pieces of asparagus tips, mushrooms and zucchini and reserve for garnish.) Increase heat to high. Add cream, stock and basil and allow mixture to boil until liquid is slightly reduced, about 3 minutes. Stir in peas, ham and green onion and cook 1 minute more. Season to taste with salt and pepper. Add pasta and cheese, tossing until thoroughly combined and pasta is heated through. Turn onto large serving platter and garnish with the reserved vegetables. Serve immediately. Makes 4 to 6 main-course servings.

### PARTY NOODLE SUPREME

½ cup butter or margarine  
 1/3 cup all-purpose flour  
 2½ cups hot chicken bouillon  
 ¾ cup light cream  
 1/3 cup white wine  
 2 teaspoons salt  
 ½ teaspoon white pepper  
 6 or 8 large mushrooms  
 1 cup cooked ham, cut in strips  
 8 ozs. medium noodles  
 2 cups diced cooked chicken  
 ½ cup grated Parmesan cheese



Heat half of butter. Blend in flour. Gradually add bouillon, stirring constantly. Add cream and cook, stirring, until sauce is smooth and thickened. Add wine and salt and pepper and remove from heat, but keep hot. Slice mushroom stems. Heat remaining butter; in it, saute sliced mushrooms, whole mushroom caps, and ham. Remove caps and reserve. Cook and drain noodles. Combine noodles and chicken with sauce and sliced mushrooms and ham. Turn into 6 or 8 individual baking dishes. Top each with a mushroom cap and some grated cheese. Bake in preheated hot oven (400 degrees F.) for 20 minutes. Makes 6 to 8 servings.

### LINGUINE WITH OYSTERS

½ cup (½ stick) butter  
 5 shallots, minced  
 1 garlic clove, lightly crushed  
 1 pint small, fresh oysters, undrained  
 3 green onions, minced  
 2 tablespoons minced fresh parsley  
 ½ lb. linguine, cooked al dente  
 Salt and freshly ground pepper

Melt butter in large skillet over medium heat. Add shallots and garlic and saute until garlic is golden. Discard garlic. Continue cooking until shallots are soft, about 5 minutes. Add oysters and liquid, green onions and parsley. Reduce heat and simmer until oysters are heated through but still slightly soft, about 3 minutes. Add pasta and toss to combine. Season with salt and pepper to taste and serve immediately. Makes 2 main-course servings.

### LINGUINE WITH TOMATO-BASIL SAUCE

¼ cup full-bodied olive oil  
 2 medium onions, chopped  
 1 large garlic clove, minced  
 1 28-oz. can tomatoes, undrained, seeded and chopped or 2 lbs. fresh tomatoes, peeled, seeded and chopped

1½ to 2 tablespoons dried basil or ¼ cup fresh  
 ½ teaspoon dried oregano or 1½ teaspoons fresh  
 1 to 1½ teaspoons sugar  
 Salt and freshly ground pepper  
 1 lb. linguine, cooked al dente  
 Freshly grated imported Parmesan cheese

Heat oil in large heavy skillet over medium-low heat. Add onion and cook until soft and transparent, about 10 minutes. Add garlic and cook an additional 2 minutes. Blend in tomatoes and herbs. Increase heat to high, bring to boil and cook until some of the liquid has evaporated, about 5 minutes. Add sugar, salt and pepper to taste. Add pasta and toss until blended. Serve immediately with Parmesan cheese. Makes 4 to 6 main-course servings.

### ZUCCHINI WITH FARFALLE

Farfalle are small bowtie-shaped pasta

5 tablespoons light olive oil  
 5 small zucchini, cut into sticks about 1½" long  
 2 large onions, minced  
 1 garlic clove, minced  
 2/3 cup whipping cream  
 1 lb. farfalle, cooked al dente  
 ½ cup freshly grated imported Parmesan cheese  
 Salt and freshly ground pepper  
 Freshly grated imported Parmesan cheese

Heat oil in large non-aluminum skillet over medium-high heat. Add zucchini and saute quickly until golden. Remove with slotted spoon and set aside. Add onion and saute until golden. Add garlic and cook an additional minute. Stir in cream, increase heat and boil until sauce is reduced by 1/3. Add noodles, zucchini, ½ cup Parmesan, salt and pepper and toss thoroughly until heated through. Serve immediately with additional grated Parmesan. Makes 4 to 6 main-course servings.

### TAGLIATELLE WITH NUTS AND HAM

Tagliatelle are ¼-inch wide ribbon-like strips of pasta.

If not available, linguine may be substituted.

1/3 cup light olive oil  
 ½ lb. cooked ham, coarsely chopped  
 ½ cup walnuts, coarsely chopped  
 2 to 3 tablespoons minced fresh Italian (broadleaf) parsley  
 1 garlic clove, minced  
 1 lb. tagliatelle, cooked al dente  
 Freshly grated imported Parmesan cheese

Heat oil in large skillet over medium-high heat. Add ham, walnuts, parsley and garlic and saute 3 to 4 minutes. Add pasta and toss until heated through. Serve immediately with Parmesan.

Quality  
 Government Subsidized  
 One Bedroom Units  
 Still Available.

5055 E.  
 CHARLESTON  
 AT NELLIS



Villas  
 de  
 Mission  
 east  
 APARTMENT HOMES

459-2202

Leased and Managed by  
 the group that cares  
 Realty Holdings Group  
 REALTOR®