

Tirrena Pasta Recipes

3) Autumn

Tirrena penne rigate in Carabaccia sauce with rosemary breadcrumbs and pecorino flakes

Ingredients for 4 people

800 grams of red onions

2 bay leaves

5 grams of juniper berries

1 bottle of red wine

1 litre of vegetable stock

Salt, pepper and nutmeg

50 grams of Laudemio extra virgin olive oil

100 grams of breadcrumbs toasted in the oven and flavoured with rosemary

100 grams of aged pecorino shaved into flakes

Clean and cut the onions into very thin slices, then add them to a high-sided pan with the extra virgin olive oil, bay leaf and juniper, season with salt and pepper and leave to sweat over a low heat. As soon as the onions begin to change colour, add the red wine. Let the wine cook off and add the stock, cooking the onions until they are very soft.

Cook the penne rigate, al dente as always.

Drain and sauté the pasta in the pan with the Carabaccia sauce, stir in the Laudemio oil and pecorino flakes, and finish the dish with a generous sprinkle of rosemary breadcrumbs.