

Mangia Bene, Viva Bene

By FRANK ZEOLI

Macaroni & Broccoli

This is a very simple and cheap dish to make. My grandmother was always great at using simple ingredients and making a whole great meal out of them. After eating it, you would think it took her all day but it took no time at all.

Other Italian families would make macaroni and broccoli differently. Some use cavatelli or fusilli pasta and some would use broccoli rabe instead of “American broccoli” as my grandmother would call it. She would always use American broccoli with farfalle bowtie pasta.

This is one of my favorites I hope you enjoy it as much as I did.



Prep Time: 5 Minutes
Cook Time: 20 Minutes

Ingredients

- 1lb of farfalle pasta (bowtie pasta)
- 1lb of fresh broccoli florets (washed & cut into small pieces)
- 1/4 cup of extra virgin olive oil
- 4 large cloves of garlic (cut in half)
- Pinch of salt & pepper

Instructions

1. Bring a medium saucepan full of salted water to a rolling boil. Add the pasta. Let the pasta cook for about a minute and add the broccoli. Continue to cook until pasta and broccoli are cooked about 7 minutes.
2. In a sauté pan, heat olive oil over medium-high heat. Add garlic and cook for 3 minutes until the garlic browns. Do not burn the garlic. Remove the garlic, add the salt and pepper and turn off the gas.
3. Drain the pasta and broccoli reserving about a cup of the pasta water. Return the pasta and broccoli to the pan.

4. Add the garlic oil to the pasta with a little of the pasta water reserve. Taste the pasta to see if you need to adjust the salt and pepper. If it does not have enough of a garlic taste, you can also add some granulated garlic. Be sure to mix it well so all the flavors come together.

If you like a little spice, you can add crushed red peppers flakes. Add them to the pan when sautéing the garlic in olive oil.

Sprinkle some parmesan cheese on the pasta and serve hot.

Look for more recipes in the next addition of the SIAMO Qui.