



Mangia Bene E Vivi Bene!

By FRANK ZEOLI



PASTA ALL'AMATRICIANA

Pasta all'Amatriciana is a classic Roman pasta dish known for its rich tomato sauce, crispy cured pork, and sharp Pecorino Romano cheese. Traditionally served with bucatini, this recipe is simple, bold, and deeply flavorful. Authentic Amatriciana is made with guanciale, not bacon.



PREP TIME: 20 MINUTES | COOK TIME: 25 MINUTES (APPROX)

INGREDIENTS

- 1lb of bucatini pasta
- 5 ounces guanciale or pancetta (diced)
- 2 tablespoons olive oil (only if guanciale is lean)
- 1 small onion, finely (chopped)
- 1 tablespoon of fresh garlic (minced)
- 1 teaspoon crushed red pepper flakes
- 1 (28-ounce) can San Marzano plum tomatoes (crushed)
- 6 fresh basil leaves (torn)
- 1 cup grated Pecorino Romano cheese
- 1 oz of fresh parsley (chopped)
- Salt and black pepper to taste

INSTRUCTIONS

1. Bring a large pot of salted water to a boil. Cook the pasta until al dente. Reserve about 1 cup of pasta water before draining.
2. In a large skillet over medium heat, cook the guanciale until crispy and golden, about 6–8 minutes. Add the olive oil if the guanciale is lean. Remove excess fat if necessary, leaving a few tablespoons in the pan.
3. Add the garlic, onions and basil. Sauté until softened. Stir in the red pepper flakes. Add the crushed tomatoes and simmer for 15–20 minutes until slightly thickened.
4. Toss the drained pasta into the sauce. Add a splash of pasta water as needed to help the sauce coat the pasta.
5. Remove from heat and stir in most of the Pecorino Romano. Top with additional cheese and the parsley if desired.



Look for more recipes in the next edition of the SIAMO QUI