



# Blast from the Pasta

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## LINGUINE WITH RED CLAM SAUCE

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| 2 tbsp (25 mL) olive oil              | 1/2 cup (125 mL) dry white wine       |
| 4 cloves garlic, finely chopped       | 1/4 tsp (1 mL) freshly ground pepper  |
| 1/4 tsp (1 mL) red pepper flakes      | 16 oz (500 g) linguine                |
| 1/4 tsp (1 mL) fennel seed, crushed   | 1/4 cup (50 mL) chopped fresh parsley |
| 2 cans (5 oz/142 g each) baby clams   | Freshly grated Parmesan cheese        |
| 1 can (14 oz/398 mL) crushed tomatoes |                                       |

To prepare red clam sauce, heat oil in a large nonreactive frypan over medium heat. Add garlic, red pepper flakes and fennel seed; saute just until garlic turns light golden, about 2 minutes. Do not overcook. Stir in clams and their liquid, tomatoes, wine and pepper. Bring to a boil. Reduce heat and simmer, uncovered, until sauce is slightly thickened, about 10 minutes. Meanwhile, cook linguine according to package directions. Drain, reserving 1/2 cup (125 mL) of cooking water. Combine reserved cooking water, red clam sauce and parsley in a large bowl. Add linguine and toss to coat. Sprinkle with Parmesan cheese. Serve immediately. Serves 4 - 6.

## LINGUINE WITH ARTICHOKE AND LEMON

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| 1 can (10 oz/284 mL) chicken broth                              | 2 tbsp (25 mL) fresh lemon juice               |
| 1/2 cup (125 mL) thinly sliced green onions                     | 1/2 tsp (2 mL) grated lemon peel               |
| 1 can (14 oz/398 mL) artichoke hearts,<br>drained and quartered | 1/4 tsp (1 mL) salt                            |
| 1/2 cup (125 mL) light sour cream                               | 1/4 tsp (1 mL) freshly ground pepper           |
| 1 tbsp (15 mL) flour  | 12 oz (375 g) linguine, cooked and drained     |
|   | 1/4 cup (50 mL) freshly grated Parmesan cheese |

Combine broth and green onions in a frypan. Bring to a boil over medium heat. Boil, uncovered, until broth is almost reduced by half. Stir in artichokes and bring to a boil. Reduce heat and simmer until artichokes are heated through, about 2 minutes. Whisk together sour cream and flour until blended. Stir sour cream mixture, lemon juice, lemon peel, salt and pepper into broth mixture. Cook, stirring, just until heated through. Do not boil. Toss with hot cooked linguine. Sprinkle with Parmesan cheese. Serve immediately. Serves 4.

## SPAGHETTI ALLA CARBONARA

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|---|---|
| 1/3 lb (150 g) pancetta or 6 slices thick<br>bacon, julienned | 1/2 cup (125 mL) whipping cream                 |
| 1 clove garlic, crushed                                       | 1/4 tsp (1 mL) freshly ground pepper            |
| 4 egg yolks   | 16 oz (500 g) spaghetti                         |
|   | 1/2 cup (125 mL) freshly grated Parmesan cheese |

Cook pancetta in a frypan over medium heat until golden brown; drain off excess fat. Add garlic and saute for 1 minute. Remove frypan from heat and set aside. Whisk together egg yolks, cream and pepper until blended; set aside. Cook spaghetti in a large pot according to package directions. Drain spaghetti, leaving it slightly wet, and immediately return to pot. Immediately pour egg yolk mixture over spaghetti and toss until spaghetti is evenly coated and egg yolk mixture is thickened. It should not appear watery or scrambled. Add pancetta mixture and Parmesan cheese; toss to combine. Serve immediately. Serves 4.

**Cook's Note:** It is critical that the egg yolk mixture be added immediately to the hot cooked spaghetti as the heat from the spaghetti will cook the egg yolks.

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### FARFALLE WITH HERB CREAM SAUCE

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|-------------------------------------|--|
| 2 tbsp (25 mL) olive oil            | 1/4 cup (50 mL) chopped fresh oregano              |
| 1 clove garlic, finely chopped      | 8 oz (250 g) cream cheese, cubed                   |
| 1 1/4 cups (300 mL) diced tomatoes  | 2 tbsp (25 mL) chopped fresh parsley               |
| 1/4 cup (50 mL) chopped fresh basil | 3 cups (750 mL) farfalle pasta, cooked and drained |

To prepare herb cream sauce, heat oil in a frypan over medium heat. Add garlic and saute for 1 minute. Reduce heat and stir in tomatoes, basil and oregano; cook, stirring occasionally, for 5 minutes or just until heated through. Add cream cheese and cook, stirring constantly, until melted. Stir in parsley. Toss herb cream sauce with hot cooked farfalle. Serve immediately. Serves 4.

### ENLIGHTENED FETTUCCINE ALFREDO

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|--------------------------------------|---|
| 1/3 cup (75 mL) flour                | 1 cup (250 mL) freshly grated Parmesan cheese |
| 1/2 tsp (2 mL) salt                  | 1 tbsp (15 mL) butter                         |
| 1/2 tsp (2 mL) freshly ground pepper | 8 oz (250 g) fettuccine, cooked and drained   |
| 1/8 tsp (0.5 mL) nutmeg              | 1 tbsp (15 mL) olive oil                      |
| 2 cups (500 mL) milk                 | 1/4 cup (50 mL) chopped fresh parsley         |
| 2 cloves garlic, finely chopped      | Freshly grated Parmesan cheese                |
| 1 bay leaf                           |   |

To prepare sauce, combine flour, salt, pepper and nutmeg in a medium saucepan. Gradually whisk in milk until smooth. Add garlic and bay leaf. Bring to a boil over medium heat, stirring constantly. Reduce heat and simmer, stirring frequently, just until mixture begins to thicken, about 5 minutes. Remove and discard bay leaf. Stir 1 cup (250 mL) Parmesan cheese and butter into milk mixture just until melted. Remove pan from heat. Toss hot cooked fettuccine with oil and parsley. Add sauce and toss to coat. Sprinkle with additional Parmesan cheese. Serve immediately. Serves 2 - 3.

**Cook's Note:** *Fettuccine Alfredo is traditionally a very heavy pasta dish made with butter and whipping cream. This "lightened-up" version uses very little butter and milk instead of cream.*

### FETTUCCINE AND TUNA À LA CAESAR

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|---|--|
| 8 oz (250 g) fettuccine                       | 1/4 cup (50 mL) sliced ripe olives             |
| 1 1/2 cups (375 mL) frozen cut green beans    | 2 cans (170 g each) tuna, drained              |
| 1/2 cup (125 mL) creamy Caesar salad dressing | 1 1/2 cups (375 mL) chopped Roma tomatoes      |
| 1/4 cup (50 mL) light cream (10%)             | 1/4 cup (50 mL) freshly grated Parmesan cheese |

In a Dutch oven, cook fettuccine according to package directions until almost tender, about 5 minutes. Add green beans and return to a boil. Cook, uncovered, for 3 minutes or until fettuccine is tender and beans are heated through. Drain and return fettuccine mixture to Dutch oven. Add salad dressing, cream, olives and tuna; cook over low heat, stirring frequently, just until heated through. Stir in tomatoes. Sprinkle with Parmesan cheese. Serve immediately. Serves 4.

### SUMMERTIME TOMATO PASTA

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| 4 cups (1 L) diced tomatoes                     | 1/2 tsp (2 mL) salt                     |
| 1/2 cup (125 mL) chopped pitted kalamata olives | 1/2 tsp (2 mL) freshly ground pepper    |
| 1/2 cup (125 mL) freshly grated Parmesan cheese | 1/8 tsp (0.5 mL) red pepper flakes      |
| 1/4 cup (50 mL) slivered fresh basil            | 2 cloves garlic, finely chopped         |
| 2 tbsp (25 mL) olive oil                        | 3 cups (750 mL) penne or fusilli pasta, |
| 1 tbsp (15 mL) balsamic vinegar                 | cooked and drained                      |

Combine all ingredients except penne in a large bowl; let stand for 10 minutes. Add hot cooked penne and toss to combine. Serve immediately. Serves 4.

### FUSILLI WITH ROASTED PEPPER SAUCE

1 tbsp (15 mL) olive oil	1 tsp (5 mL) thyme, crumbled
1/2 cup (125 mL) chopped onion	1/4 tsp (1 mL) salt
2 cloves garlic, finely chopped	1/4 tsp (1 mL) freshly ground pepper
1 1/2 cups (375 mL) chopped canned roasted red peppers	1/2 cup (125 mL) light cream (10%)
1 can (10 oz/284 mL) chicken broth	16 oz (500 g) fusilli pasta, cooked and drained
1/2 cup (125 mL) dry white wine	2 tbsp (25 mL) chopped fresh parsley
	Freshly grated Parmesan cheese

To prepare roasted pepper sauce, heat oil in a large saucepan over medium heat. Add onion and garlic; saute for 2 minutes. Add roasted peppers, broth, wine, thyme, salt and pepper. Bring to a boil. Reduce heat and simmer, uncovered, stirring occasionally, for 10 minutes. Puree roasted pepper mixture in batches in a blender until smooth. Combine roasted pepper mixture and cream in a large bowl. Add hot cooked fusilli to roasted pepper sauce; toss to coat. Sprinkle with parsley and Parmesan cheese. Serve immediately. Serves 4 - 6.

### QUICK RAVIOLI AND BEANS

1 tbsp (15 mL) oil	1/2 tsp (2 mL) thyme, crumbled
3/4 cup (175 mL) chopped onion	1/4 tsp (1 mL) salt
1 clove garlic, crushed	1/4 tsp (1 mL) freshly ground pepper
1 pkg (300 g) fresh cheese ravioli	1/4 cup (50 mL) freshly grated Parmesan cheese
2 cups (500 mL) diced tomatoes	
1 can (14 oz/398 mL) kidney beans, rinsed and drained	

Heat oil in a frypan over medium heat. Add onion and garlic; saute until tender, about 5 minutes. Meanwhile, cook ravioli according to package directions; drain. Add ravioli, tomatoes, beans, thyme, salt and pepper to frypan. Cook, stirring frequently, until heated through, about 5 minutes. Sprinkle with Parmesan cheese. Serve immediately. Serves 4.

### SPINACH AND CHEESE CANNELLONI

1 bottle (720 mL) passata	1 1/2 lb (750 g) ricotta cheese
1/2 cup (125 mL) water	1/4 tsp (1 mL) salt
1/4 cup (50 mL) chopped fresh parsley	1/4 tsp (1 mL) freshly ground pepper
1 1/2 tsp (7 mL) basil, crumbled	1/8 tsp (0.5 mL) nutmeg
1/8 tsp (0.5 mL) red pepper flakes	24 oven-ready cannelloni tubes
2 cloves garlic, crushed	1 cup (250 mL) shredded mozzarella cheese
1 pkg (10 oz/300 g) frozen chopped spinach, thawed and squeezed dry	1/4 cup (50 mL) freshly grated Parmesan cheese

To prepare sauce, combine first 6 ingredients (passata through garlic). Spread 1/2 cup (125 mL) sauce evenly over bottom of a greased 9x13 inch (23x33 cm) baking dish; set remaining sauce aside. To prepare filling, combine spinach, ricotta cheese, salt, pepper and nutmeg. Spoon filling into a pastry bag fitted with a large plain tip. Pipe filling into cannelloni tubes. Alternatively, spoon filling into cannelloni tubes using a small spoon. Place filled cannelloni in a single layer on top of sauce in baking dish. Pour remaining sauce over top. Sprinkle with mozzarella cheese and Parmesan cheese. Cover with foil. May be prepared to this point and refrigerated for up to 24 hours. Remove from refrigerator and let stand for 20 - 30 minutes. Bake, covered, at 350°F (180°C) for 45 minutes or until bubbly and heated through and cannelloni tubes are tender. Remove baking dish from oven. Remove foil; place baking dish under broiler. Broil for 2 minutes or until cheese is lightly browned. Let stand for 5 minutes before serving. Serves 8 - 10.

**Cook's Note:** *Passata, sometimes labelled strained tomatoes, is a tomato puree that has been strained to remove the seeds. It is bottled in jars and is available in Italian markets and some grocery stores. If unavailable, use a tomato-based pasta sauce; do not use tomato paste. The ATCO Blue Flame Kitchen used Catelli Express Oven-Ready Cannelloni in this recipe. These cannelloni tubes do not need to be cooked prior to filling.*

### PENNE WITH LENTIL SAUCE

2 tbsp (25 mL) olive oil	1 can (19 oz/540 mL) lentils, rinsed and drained
1 cup (250 mL) finely chopped onion	1/2 cup (125 mL) water
1 cup (250 mL) finely chopped celery	1 tbsp (15 mL) tomato paste
1/2 cup (125 mL) finely chopped carrot	1/4 tsp (1 mL) salt
2 cloves garlic, crushed	1/4 tsp (1 mL) freshly ground pepper
2 tsp (10 mL) cumin	3 cups (750 mL) penne pasta, cooked and drained
1 can (28 oz/796 mL) diced tomatoes	1 cup (250 mL) shredded feta cheese

To prepare lentil sauce, heat oil in a large saucepan over medium heat. Add onion, celery and carrot; saute until softened, about 5 minutes. Stir in garlic and cumin; saute for 1 minute. Add next 6 ingredients (tomatoes through pepper). Bring to a boil. Reduce heat and simmer, uncovered, stirring occasionally, for 15 minutes. Toss lentil sauce with hot cooked penne. Sprinkle with cheese. Serve immediately. Serves 4.

### PASTA WITH STOPLIGHT PEPPERS AND CREMINI MUSHROOMS

1 tbsp (15 mL) butter	1/4 tsp (1 mL) salt
3 cups (750 mL) sliced cremini or brown mushrooms	1/4 tsp (1 mL) freshly ground pepper
1 cup (250 mL) finely chopped onion	1/8 tsp (0.5 mL) nutmeg
1 cup (250 mL) each thinly sliced green, red and yellow bell peppers	3/4 cup (175 mL) crumbled blue cheese
4 cloves garlic, finely chopped	1/4 cup (50 mL) freshly grated Parmesan cheese
2 cups (500 mL) whipping cream	1/4 cup (50 mL) chopped fresh parsley
1/2 tsp (2 mL) basil, crumbled	16 oz (500 g) linguine, cooked and drained

To prepare sauce, melt butter in a large frypan over medium heat. Add mushrooms and onion; saute until mushrooms and onion are just barely tender, about 7 - 8 minutes. Stir in bell peppers and garlic; saute until peppers are tender. Stir in cream, basil, salt, pepper and nutmeg. Bring to a boil. Reduce heat and simmer, uncovered, stirring occasionally, until mixture is slightly thickened. Add blue cheese, Parmesan cheese and parsley; cook, stirring, until cheese is melted. Add sauce to hot cooked linguine, tossing to coat. Serve immediately. Serves 4 - 6.

### FETTUCCINE WITH SMOKED SALMON AND ASPARAGUS

8 oz (250 g) smoked salmon	1 pkg (300 g) frozen asparagus spears, thawed and cut into 1 1/2 inch (3.75 cm) pieces
1 1/2 cups (375 mL) whipping cream	1/2 cup (125 mL) freshly grated Parmesan cheese
1/4 cup (50 mL) finely chopped green onion	16 oz (500 g) fettuccine, cooked and drained
1/4 tsp (1 mL) salt	Freshly grated Parmesan cheese
1/4 tsp (1 mL) freshly ground pepper	

Remove skin from salmon; break into chunks and set aside. Combine cream, green onion, salt and pepper in a frypan. Bring to a boil over medium heat. Reduce heat and simmer, uncovered, for 2 minutes. Stir in asparagus and salmon; cook until heated through, about 3 minutes. Stir in 1/2 cup (125 mL) Parmesan cheese until melted. Pour salmon mixture over hot cooked fettuccine and toss to coat. Sprinkle with additional Parmesan cheese. Serve immediately. Serves 4 - 6.

**Cook's Note:** The ATCO Blue Flame Kitchen used shelf-stable pouch-packed smoked salmon in this recipe. This product is packaged in foil pouches and often sold in wooden gift boxes. The salmon must be refrigerated after opening. Shelf-stable pouch-packed smoked salmon, which has a texture similar to that of regular cooked salmon, is different than the frozen smoked salmon slices found in the freezer case in grocery stores. Frozen smoked salmon is a moister product with a different texture.