

Tagliarini with Vegetable Sauce

Tagliarini con Sugo di Verdure

Radicchio often has a strong and bitter flavor. In this recipe the bitterness is tamed by soaking it in cold water prior to cooking and by pairing it with sweet and juicy vegetables. The quality of the vegetables used is of extreme importance, since they are the highlight of the dish.

Ingredients:

- 1 medium-size zucchini (courgette)
- 2 peeled cloves of garlic
- ¼ cup flat-leaf parsley
- 1 head radicchio
- 2 tablespoons (1 fl. oz. / 30 ml) extra-virgin olive oil
- 1 leek, cleaned and cut into 1/4-inch slices
- 1 teaspoon crushed red pepper flakes
- 1 pound (450 g) mixed tomatoes, cut into bite-size pieces
- Kosher Salt and freshly ground black pepper
- 1 pound (450 g) homemade tagliarini pasta (or substitute boxed spaghetti)
- ¼ cup grated Parmigiano Reggiano

Cut the zucchini into quarters, and then into ¼ -inch slices. Mince together the garlic and parsley.

Shred the radicchio and soak shreds in water for 15 minutes to remove the bitterness. Drain and shake out excess water.

Bring about 6 quarts of salted water to a boil. In a 10- to 12- inch sauté pan, combine olive oil, leek, and red pepper flakes and cook over medium heat until the leeks are tender but not browned. Add the zucchini and the garlic and parsley, and cook for about 10 minutes. Add the tomatoes and cook for an additional 5 minutes. Add the radicchio to the sauce, season to taste with salt and pepper, and continue cooking for 10 minutes.

Meanwhile, drop the pasta in the boiling water and cook 2 to 3 minutes for fresh pasta or follow cooking instructions for boxed pasta. Drain pasta and immediately toss with vegetable sauce. Serve with freshly grated Parmigiano Reggiano.

Serves 4