79

Recipe number seventy-nine

Podere Riparbella
Agriturismo ecologico
Agricoltura biologica
58024 Massa Marittima, Italia
T +39 0566 91 55 57
www.riparbella.com

Pasta – cavolfiore – zafferano

Pasta with cauliflower and saffron

A winter-spring recipe and a good alternative to the «Orecchiette col broccolo».

Ingredients for 4 people

1 cauliflower, about 500 g clean it, divide it into florets. Peel the stalk if necessary and cut it into small cubes. Cook the vegetables in salted water until just soft, lift them out with a slotted spoon and set them aside. Keep some of the cooking water.

Put the pasta water on.

1 onion cut into fine strips. Sweat gently in a frying pan with olive oil, add cooking water. It should cook slowly and stay white. Keep adding water. Salt it.

saffron threads or powder
salt and pepper If you use threads, soak them a little beforehand. In a wide frying pan mix the onion, the saffron and the cauliflower, season and keep adding cooking water. There may be a little sauce.

Salt the pasta water and cook a short shape («pasta corta», e.g. penne, gigli, mezze maniche). When the pasta is al dente, drain it, back into the pot, then fold in

plenty of olive oil
4 tbsp grated Pecorino (or parmesan) and

and then mix in the saffron vegetables. Put the lid on and let it stand for 3–4 minutes. Before serving, check the seasoning again and add cooking water so that the whole thing is nicely moist. Scatter a few roasted pine nuts over it.



VERONICA'S TIP

Soaked raisins go well with it too.
Or sliced anchovy fillets –
in that case leave out the cheese.