

q cuisine: with ALESSANDRO RUSSO

Spaghetti with pureed sauce, flavors of the Apulian seas on the table

Presentation

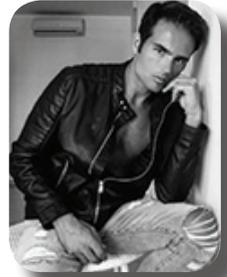
The spaghetti with the sauce of breed is, unlike what is commonly thought, a delicious and tasty dish. The breed is not a type of fish to buy, perhaps almost no widespread, but its sauce will be able to amaze you in a very positive. With this dish it will be possible to have a first and a second course in a single stroke, in a simple and economical way. The breed is a delicate but at the same time flavourful fish, which has the advantage of being at a good price. The trick for cooking a good sauce is to clean the fish well, so as to remove every piece of skin and mix everything with spaghetti, the perfect pasta for this fish sauce. All that's left is to add the fish to the pan, pour the spaghetti into the water and the game is done simply.

Ingredients

600/800g of breed cut into slices | 350g of spaghetti
1 clove of garlic | extra virgin olive oil
parsley q.b. | 300 g of small tomatoes
oil q.b. | Salt to taste | chili pepper q.b.

Preparation

First, put the extra virgin olive oil and a minced garlic in a pan to fry them for a few minutes. Add the tomatoes to flavour and let it cook over high heat. As soon as the oil begins to make the first bubbles, add the breed that must be rinsed previously carefully, in salt water. It is necessary to remove the viscous mucus that covers the race, which is a symptom of freshness. After covering the pan with the lid, we must cook the breed for 10 minutes and then turn them over and cook for another 10 minutes over medium heat. In the end, for spicy lovers, you can add chili or even chopped parsley. In the meantime, let's cook spaghetti in boiling water until they have reached the perfect cooking and season with the sauce in the same pan. All that remains is to serve the pasta and enjoy it at the table.



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