

Spaghetti with olive oil and garlic

 About 15 minutes



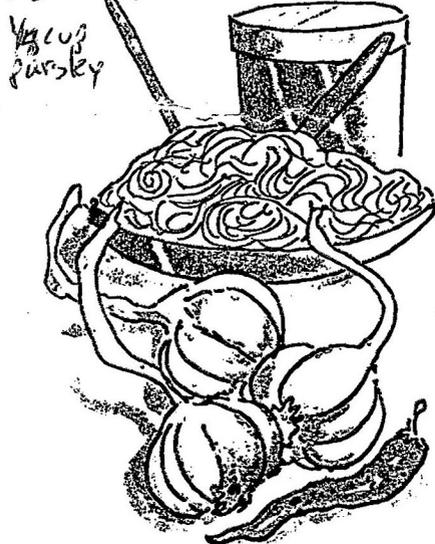
Calories per portion: 625

 Marino (Latium) (white)

For four: ⁴1 pound spaghetti - ⁶8 tablespoons olive oil - 1 tablespoon diced chili pepper - 3 cloves garlic - ¹/₄ cup chopped parsley.

Instructions: Heat the cloves of garlic and chili pepper in the olive oil, crushing the cloves of garlic with a fork for more taste. Then remove the excess garlic and chili pepper. Cook the pasta and drain it. Toss the spaghetti with the sauce and top with the chopped parsley.

¹/₂ lb pasta 3 T olive oil
1 ¹/₂ cloves garlic 2 chili peppers



Tagliatelle with saffron and curry

 About 25 minutes



Calories per portion: 445

 Sangiovese delle Rocche di Predappio (Romagna) (red)

For four: ¹/₂ pound tagliatelle - 2 tablespoons of butter - ¹/₂ cup cream - 1 teaspoon curry powder - ¹/₂ teaspoon saffron - salt and pepper.

Instructions: Heat the curry powder and the saffron in the butter, 2-3 minutes; add the cream and salt and allow to simmer 4-5 minutes. Cook and drain the pasta and transfer to a large heated serving bowl and toss the sauce through. Serve immediately.



Bucati rigati with mushroom and olive sauce

 About 50 minutes



Calories per portion: 578

 Dolcetto di Dogliani (Piedmont) aged 1-2 years (red)

For four: ¹/₂ pound bucati rigati - ¹/₂ pound fresh mushrooms* - ¹/₂ cup black olives - ¹/₄ cup olive oil - 1 clove of garlic - 3 tablespoons Italian parsley - ¹/₂ cup dry white wine - salt and pepper - grated Parmesan cheese.

Instructions: Prepare and slice the mushrooms; chop the garlic and the parsley; saute the garlic in the oil and remove after they become golden in color. Add the mushrooms and cook over a medium heat for 5 minutes; then pour in the wine in small amounts. When the mushrooms are cooked, add the chopped and pitted black olives and saute for 8 minutes, then add the chopped parsley. Cook and drain the pasta - toss with the Parmesan cheese and then with the sauce.

* Dried mushrooms can be used for a stronger taste: soak in wine for 1 hour before using.

