

## Spaghetti with olive oil and garlic



About 15 minutes



Calories per portion: 625

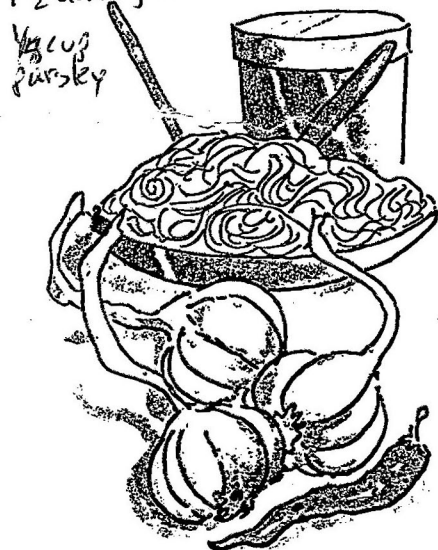


Marino (Latium) (white)

*For four: 1<sup>4</sup> pound spaghetti - 8<sup>6</sup> tablespoons olive oil - 1<sup>4</sup> tablespoon diced chili pepper - 3 cloves garlic - 1<sup>4</sup> 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<sup>4</sup> pound tagliatelle - 2<sup>6</sup> tablespoons of butter - 1<sup>4</sup> cup cream - 1 teaspoon curry powder - 1<sup>4</sup> 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<sup>4</sup> pound bucati rigati - 1<sup>4</sup> pound fresh mushrooms\* - 1<sup>4</sup> cup black olives - 1<sup>4</sup> cup olive oil - 1 clove of garlic - 3 tablespoons Italian parsley - 1<sup>4</sup> 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.

