

10 EASY
PASTAS

La Dolce Vita

If there's one thing that has consistently helped me to help others, it's enjoying a homemade meal at the end of the day, and cooking with my wife Robin on the weekend. A delicious meal does wonders – for everyone!

Both Robin and I would like to thank you for being a part of the Cedars-Sinai family. Your partnership is the most important ingredient that makes advances in heart surgery and transplantation possible.

We hope these family recipes bring joy to your table.

From our family to yours, *buon appetito!*

Aefud

Some Pasta Guidelines

Of making is a science, making a great bowl of pasta is definitely an ART. So be creative!

all the following recipes are rough estimates of ingredient quantities for 1 lb batches of pasta, which will feed 4-6 people! All can be doubled or halved, and modified!

Remember to cook pasta in a large pot with plenty of salted water.

Experiment also with pasta shape —
"long" (spaghetti/linguine/butterfines) or
"short" (penne/shells)



FETTUCCHINE

"Alfredo"



Bring a large pot of salted water to a boil, then add 1 lb. fettuccine and cook till tender, about 7 minutes.

Drain and return to the pot. Immediately mix in 6T butter, 1/4 c. sour cream, 1/4 c. grated parmesan, and pepper. If it seems dry, add some milk or cream. When well mixed and "creamy", pour into a pasta bowl and serve at once.

Spaghetti alla Puttanesca



Heat $\frac{1}{2}$ c. olive oil and 1 clove garlic in a heavy pan. Remove and discard garlic when brown.

add $1\frac{1}{2}$ lb. peeled tomatoes, 10 greek olives (pitted and halved), spoonful of salt capers, $\frac{1}{2}$ tsp hot pepper flakes, oregano and basil.

Cover and simmer about $\frac{1}{2}$ hour. Stir occasionally, crushing down the tomatoes as they soften.

Sauce is ready when oil separates and bubbles through. Toss with spaghetti, garnish with fresh basil leaves.

Classic Tomato Sauce



Heat $\frac{1}{2}$ c. olive oil and 1 clove garlic in a heavy pan. Remove and discard garlic when brown.

Add $1\frac{1}{2}$ lb peeled tomatoes, canned or fresh, to the hot oil, along with an additional crushed garlic clove.

Cover the pan, lower the heat, and cook about $\frac{1}{2}$ hour. Stir and crush tomatoes as they cook. Salt as needed.

Sauce is ready when oil separates and bubbles through.

Ragu di Carne → Meat Sauce

Heat 1 T. butter and 2 T olive oil in a heavy pan. Add 1 garlic clove and finely chopped vegetables: 1/2 onion, 1 carrot, 1 celery stalk.

When vegetables begin to soften, add 3-4 slices bacon, chopped. When heated through, add 1 lb. ground beef, and brown.

Sprinkle with salt, douse with 1/2 c. dry wine; when wine evaporates, add 1 lb tomatoes (fresh or canned), oregano, fresh basil.

Cover and cook slowly, stirring occasionally, about 1 hour. Add water and bouillon if it seems too dry.

When mixing with pasta, add a little butter and sour cream. Serve with plenty of grated Parmesan.

Spaghetti alla Carbonara

Chop and then sauté 5-6 slices bacon in a little olive oil. Cook till brown but not crispy. Set aside.

Bring a large pot of water to a boil, add salt, then 1 lb. spaghetti.

Meanwhile, beat 4 eggs into a deep bowl, add $\frac{1}{2}$ c grated parmesan, salt and pepper.

Drain pasta and add immediately to the eggs, cheese, and bacon. Mix well, throw on some chopped parsley and serve at once.

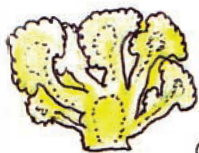
Pasta al Pesto



Put 2c. fresh basil leaves into a blender (or food processor.) Add to it $\frac{1}{3}$ c. pine nuts, $\frac{1}{2}$ c. grated parmesan cheese, 1 clove garlic and $\frac{1}{2}$ tsp salt.

Pour in $\frac{1}{2}$ c olive oil. Blend the whole mix together until it becomes smooth and paste-like.

Toss with 1 lb pasta Also fabulous in omelettes, stirred into vegetable soup, or spread onto grilled steak.



Penne with Veggies



Chop 1 cauliflower head and 1 broccoli clump into bite sized pieces. (\approx 1 inch ea)

Bring a large pot of water to a boil, add plenty of salt, then 1 lb. penne.

When penne hit a rolling boil, add all the bite-sized veggies.

Cook till pasta is "al dente", about 12 minutes, then strain everything, return to pot, and add 2 T sourcream, 2 T butter, $\frac{1}{3}$ c. parmesan, & pepper. Serve at once!

Spaghetti with Zucchini

Finely chop $\frac{1}{2}$ onion and sauté till soft in 1 T butter and 2 T olive oil. (Garlic optional)

Add 4-5 medium sized zucchini, cut into thin circles, and some salt.

Cook over low heat, covered, for about $\frac{1}{2}$ hour, stirring often and breaking down the zucchini until it becomes creamy and mushy.

When tossing with hot spaghetti, stir in 2 T sour cream, 2 T butter, and pepper. Serve with grated parmesan.

Pasta with "Raw Sauce"

Take a deep bowl, pour in 1c olive oil, and add some chopped vegetables:
1/2 onion, 2 celery stalks, 2 tomatoes.

Mince 2 garlic cloves, pith and halve 10 greek olives, add them to the bowl with a handful of salt capers.

Sprinkle in some oregano, chopped basil, and hot pepper flakes to taste.

Allow all these flavors to mingle and marinate while you boil water and cook 1 lb pasta. Add raw sauce to cooked, drained pasta.

Excellent as hot dish, with spaghetti, linguine, or cold pasta, with shells or penne.

Spaghetti all'Amatriciana



Heat 1 T. butter and 2 T. olive oil in a pan, then add $\frac{1}{2}$ onion and 4 slices bacon, all finely chopped, and sauté till soft.

OPTIONAL: Moisten with $\frac{1}{2}$ c. dry white wine and continue cooking till it evaporates.

Add 1 large can peeled Italian tomatoes (or chopped fresh tomatoes) to the pan, along with some salt, pepper, and $\frac{1}{2}$ - 1 tsp. hot pepper flakes.

Let it cook, covered, low heat, about $\frac{1}{2}$ hour. Then uncover, add $\frac{1}{4}$ c. chopped parsley and cook 10 more minutes. Mix with pasta

Buon

Appetito

A red signature, possibly reading 'Robin', followed by a small red heart symbol.

