

Penne Arrabbiata

Swick

Serves 1 | Active Time: 20 minutes | Total Time: 45 minutes

Step 1: Making the Sauce

- 2 - 28 oz cans whole tomatoes*
- 1 medium-sized yellow onion
- 4 cloves garlic
- 1/4 cup olive oil
- 1/4 cup dry white wine
- 1 tbsp crushed chili flakes (or to taste)
- sea salt, to taste

*Note: Quality, canned tomatoes are perfect for this recipe; however, if you have fresh, ultra-ripe tomatoes, use 2 lbs.

To start, drain the tomatoes and pass them through a passatutto or a food mill (use the smallest disc). Finely dice the onion and mince the garlic.

To make the sauce, heat a large sauce pan or pot over medium-high heat. Add the olive oil, followed by the onions. Sauté the onions for about 10 minutes or until they begin to caramelize a bit. Then turn the heat down slightly and add the garlic and chili flakes. Cook for a minute or so, just until the garlic becomes fragrant. Next, deglaze with the white wine and let it reduce until it is almost dry. Next, add the tomatoes and a pinch of salt. Let the sauce simmer for about 30 minutes or so. Stir occasionally to prevent it from scorching.

Meanwhile, bring a large pot of water to a boil and proceed to the next step.

Step 2: Cooking the Pasta

- 1 lb dried penne pasta (or other pasta)
- salt (to cook the pasta)

When ready to cook the pasta, add 1 tsp of salt per litre/quart of water and then add the pasta. Cook the pasta according to the package. Once done, reserve 1 cup of the cooking liquid and then drain the pasta.

Step 3: Finishing the Dish

- flat-leaf parsley or basil (optional, to taste)
- Plant-Based Parmesan (optional)

To finish the dish, taste the sauce for seasoning. Combine the pasta with just enough sauce to liberally coat it. If the sauce seems too thick, add a bit of the reserved cooking water to thin it out.

Serve the pasta in warmed bowls and top with freshly chopped parsley and/or basil and Plant-Based Parmesan, if desired.