

Pasta all' Amatriciana

Serves 6

Ingredients

Guanciale, 125 gms

Tomatoes, canned, 400 gms

Chili pepper, 1

Dry white wine, 50 ml (optional)

Salt

Long pasta, spaghetti (or bucatini), 500 gms

Pecorino Romano, grated, 80 gms

Method

Put the pasta water to boil with plenty of salt

Cut the guanciale into strips. Sauté on a high heat with the chili until the fat becomes translucent, about 5 mins. Add the white wine or vinegar (optional). Add a tablespoon of oil.

Start to boil the pasta

Meanwhile crush the tomatoes with a fork, so that they become pulpy. Add to the guanciale pan with a pinch of salt. Cook for 10 mins on medium heat. When the sauce is ready, remove the chili pepper.

Drain the pasta al dente and pour into the tomato sauce pan. Stir and add grated pecorino romano to bind all the ingredients. Serve with a further sprinkling of Pecorino.

Amatriciana is one of the oldest pasta dishes. 1000 years ago it was local to the town of Amatrice and had no tomato (since there weren't any) and was taken to Rome by shepherds on the annual Sheep drive.

Sometime in the 17th century someone in Naples ate a tomato. No one knows how it got to Amatrice, but everyone agreed it was a good addition

