

## 21 Pasta with broccoli

Adapted from Marcella Hazan's recipe for Orecchiette with broccoli and anchovy sauce in "The Classic Italian Cookbook".

Serves 3 generously as a main course

### *Ingredients*

250g dried pasta shapes eg conchiglie – shells, farfalle – butterflies or orecchiette - little ears

400g fresh broccoli florets (prepared weight)

4 tablespoons extra virgin olive oil

6 large or 8 medium anchovy fillets, roughly chopped (from a jar or can of anchovies preserved in olive oil)

freshly ground black pepper, about 8 to 10 twists of the mill

15g butter

40g freshly grated Parmesan cheese

40g freshly grated Pecorino Romano cheese

- 1 Steam the broccoli florets for 6 minutes until tender and set aside.
- 2 Get ready to cook the pasta by setting a large pan of water on the hob. Add a teaspoon of salt and bring to the boil.
- 3 While the water comes to the boil, prepare the sauce. Put the olive oil into a large, deep frying pan with the chopped anchovy fillets. If you can, choose a pan big enough to hold all the broccoli and cooked pasta. If you only have a small frying pan, get ready a large bowl for mixing the pasta with the fish and warm it through by adding some hot water from a kettle to it.
- 4 Cook over medium heat for a few minutes, mashing the anchovies with a wooden spoon until they melt into the oil and make a paste. Turn off the heat and set aside briefly while you start cooking the pasta. The anchovies do not have a noticeable fishy flavour in the finished dish but do make it taste savoury so please try them even if you think you don't like anchovies.
- 5 When the water in the pan (refer step 2) is boiling, add the dried pasta and cook the pasta according to the packet instructions until just cooked but still with a bit of bite (this is called the *al dente* stage). This is likely to take between 8 to 12 minutes depending on the type of pasta chosen.
- 6 While the pasta cooks, continue with the broccoli and anchovy sauce. Put the frying pan (refer step 3) back on a low heat and add the cooked broccoli florets (refer step 1) and the black pepper to the pan. Sauté (another word for fry) the broccoli gently for about 5 minutes, turning it over in the pan from time to time.
- 7 By this time the pasta should be cooked. Using a ladle, take out 1 ladleful of pasta cooking water and put it into a jug. Drain the pasta in a colander then tip it into the frying pan containing the broccoli and anchovy sauce. Add both grated cheeses, a little of the reserved pasta cooking water and 15g butter to the pan and mix thoroughly. If you are mixing in a bowl instead of the frying pan (refer step 3), tip out the hot water you used to warm the bowl and mix everything together thoroughly in the bowl. Serve immediately.