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Pasta di San Giuseppe

St. Joseph's Pasta

INGREDIENTS:

- 1 lb package of Mafalda Pasta
- 1 cup homemade dry breadcrumbs (or store bought)
- 6 TBSPs extra virgin olive oil, divided
- 8 anchovy fillets
- 2 large garlic cloves, chopped
- Salt and pepper to taste
- Fresh chopped parsley to taste
- Optional: 1/4 cup chopped walnuts (more if desired) and hot pepper flakes to taste

DIRECTIONS

- Bring a pot of water to a boil. Add salt to taste.
- Meanwhile, using leftover stale bread, grind enough to make 1 cup homemade breadcrumbs.
- Note: you can use store bought making sure they are the Plain kind, NOT seasoned.
- Place 2 TBSPs olive oil in a large sauté pan.
- When oil is warm, add breadcrumbs and stir.
- Continue to stir over medium heat until breadcrumbs are lightly toasted.
- Do not overdo it or they will burn and be bitter!
- Set breadcrumbs aside.
- In the same pan, add the remaining 4 TBSPs olive oil, chopped garlic, anchovy fillets and hot pepper flakes (if using).
- Sauté over medium-low heat until anchovies are dissolved and garlic is just beginning to turn golden.
- Add a ladle of pasta water and stir.
- Remove pan from heat and set aside.
- Cook pasta according to package directions for Al Dente.
- With hand strainer, remove pasta from water and place in sauté pan.
- Place sauté pan over medium flame and stir to coat pasta with anchovy sauce.
- Add 3/4 cup of prepared breadcrumbs and nuts, if using.
- Also add plenty of chopped parsley (about 1/2 cup) and a little ground pepper.
- Stir well to incorporate.
- Serve hot with additional sprinkle of breadcrumbs, nuts, chopped parsley and pepper.



NONNA'S TIPS

- Adding chopped walnuts adds a bit more flavor to the dish so I highly recommend it. You can add the chopped walnuts to the breadcrumbs when it's time to toast them for even more flavor.
- If you added salt to the pasta water, you won't need additional salt in the dish because anchovies are very salty.
- In Sicily, sardines are used instead of anchovies. If you decide to do that, do not allow sardines to dissolve in oil like you would with anchovies. In fact, chunks of sardines should be visible in the Sicilian version of this dish.