



Recipes by Justin Nicholl of Pastalicious

Lemon, Basil and Parmesan

125g Pasta
40g Parmesan or Grana Padana, finely grated
1 tbsp Extra Virgin Olive Oil
Juice of 1/2 lemon
10 Basil leaves, torn up

Cook pasta in boiling salted water

While pasta is cooking, put all the other ingredients into a large metal bowl, or another large saucepan.

When the pasta is cooked, drain, but try and keep the pasta slightly wet, toss it into the other ingredients and quickly stir. The cheese will melt into the other ingredients and will coat the pasta. If it seems to dry just add a little more of the cooking water and stir.

Plate up

Sprinkle with more cheese and eat.

The cheese should make this dish salty enough but you can add black pepper to taste.

Spicy Tomato, Vodka and Cream

125g Pasta
2 tbsp good Tomato Sauce
1 tbsp cream
Pinch chilli flakes
25ml Vodka
salt and pepper

Cook pasta in boiling salted water

While the pasta is cooking put all the other ingredients into a metal bowl or a saucepan, if

you are using a spaghetti basket you can put the bowl on top of this, just to take the chill

off the sauce,

When the pasta is ready, drain and add immediately to the sauce and stir together.

Plate up

Sprinkle with cheese and eat.

Carbonara

125g Pasta
50g chopped cooked smoky bacon
1 whole egg
40g Parmesan or Grana
Black pepper

Cook pasta in boiling salted water

While pasta is cooking, crack egg into a metal bowl add a tablespoon of the cooking water and whisk till frothy.

When the pasta is cooked, drain and add to the bowl followed quickly by the other ingredients (it helps if the bacon is still hot) stir briskly.

Plate up.

Sprinkle with more cheese and eat.

Spicy Pangritata

125g Pasta
2 tbsp olive oil
1 small clove garlic
50g breadcrumbs (preferably ciabatta)
pinch dried chilli
pinch fresh thyme leaves
Salt and pepper

Cook pasta in boiling salted water

Fry the breadcrumbs in the olive oil for a couple of minutes, add the chilli, garlic and thyme and continue cooking until the crumbs are golden and crispy, season.

Drain the pasta and toss into the pangritata.

You can improvise with this dish by adding things like olives, sundried tomatoes, anchovies, salami, etc.

Plate up and eat.

Rabbit Ragu

This stew will serve four, but feel free to make it and freeze a couple of portions. Either way you will probably only need about 100g pasta per portion.

4 Rabbit legs
2 tbsp olive oil
knob of butter
1 small carrot, onion and a stick of celery, finely chopped
2 clove garlic
2 tsp chopped thyme and rosemary
1 tsp tomato puree
1/2 glass white wine

250ml chicken stock

Brown the legs in the oil and butter

Remove from the pan and add the veg and cook for 5 mins until lightly coloured

Add garlic and puree, cook for 2 minutes, add legs and wine, reduce for 2 minutes and add stock.

Simmer with a loose fitting lid or a piece of foil for 45 mins.

Remove the legs and strip the meat, discard the bones and put the meat back into the stew.

Add some chopped parsley and serve.