

Pasta aglio, olio e peperoncino al MIRAMONTI

Recipe for 4 persons

For the garlic cream

- 200 g whole garlic
- 1kg coarse salt
- 1pcs bay leaf
- 100ml extra virgin olive oil
- 20ml olive oil for cooking
- 100ml vegetable stock or water
- fine salt

For the chilli pepper

- 15/20g fresh hot chilli pepper (e.g. Cayenne)
- 15/20g fresh sweet chilli
- 6/8g dried chopped chilli
- coarse salt
- 2pcs bay leaf
- extra virgin olive oil

Ready to serve:

- 250g dry pasta to your taste
- extra virgin olive oil
- parsley
- coarse salt

Procedure for the garlic cream:

- In a small baking tray lay a bed, about 1 centimetre of coarse salt. On it place the whole garlic and cover it completely with the remaining coarse salt.
- Preheat the ventilated oven to 150°C and bake the garlic for 45 minutes.
- Remove from the oven and allow to cool to room temperature.
- Once the garlic is cold and soft to the touch, clean it by removing the outer skin and the germ inside each clove.
- Heat the cooking oil in a saucepan, add the cleaned cooked garlic, vegetable stock, bay leaf and a pinch of fine salt.
- Bring to the boil for 5/10 minutes until the garlic is reduced to a pulp.
- Mix everything with the extra virgin olive oil and season to taste with fine salt.

Procedure for the chillies:

- Take the fresh chillies, remove the green part of the stalk, the white part inside and the seeds.
- In a saucepan, boil some water with 18 g of coarse salt for every litre of water you have poured and the bay leaves.
- Finely chop the chillies and blanch them 10/15 seconds in the boiling water.
- Drain them and dry them on a tea towel.
- Once dry, mix everything with the dried chillies, place in a sufficiently large container and pour in the extra virgin olive oil to cover.

Ready to serve:

- In a rather large pot, bring water to the boil, which you will salt with 16/20g coarse salt for every litre of water poured in.
- Add the pasta and cook it for the time indicated on the package.
- Heat the garlic cream and chilli mix in a pan, serve it with fresh chopped parsley!

PS: With this method of preparation we can enjoy the fragrances and flavours of garlic, without having to pay the consequences from a digestive point of view or for those around us, and we will also keep the aromas and spiciness of the chillies we have chosen unchanged.

For those who wish, once the pasta has been served, a sprinkling of toasted bread crumbs with extra virgin olive oil can be added.