

# Pasta con le “Sarde a Mare”

HISTORY AND PERSONAL NOTES



Postcard from Mazara del Vallo  
San Vito Church - Francois Polito - Dec 2008

**"PASTA CON LE SARDE"** is a **historic Sicilian dish**, a triumph of Mediterranean flavors.

The best time in Sicily to enjoy this delicacy goes from March to September, when Sicily is plenty of wild fennel and the sardines are swimming close to the coast. Traditionally, it is enjoyed on March 19, The Italian father's day. The story about how it was invented is very fascinating. According to the legend, in the year 827, Eufemio, a Byzantine-Sicilian admiral, for personal revenge joined his forces with Muslim army to take Sicily from Byzantines (this is very well documented history). He landed then on the coast near Mazara del Vallo (Trapani - Sicily). Eufemio's cook mixed the Arab specialties, pine nuts & raisins, with the food available in the coastal area, Sardines & Wild fennel.

## OUR NOTES

When we decided to make a box about this specialty, we asked our aunts in Sicily to send us their signature recipes. Of course, we received 4 different recipes because this is how it works in Italy! This is actually pretty funny and this is why we (Italians) love arguing about food while we eat. Eventually, we chose the one also known as " Pasta con le Sarde a mare" ( Thank you, Zia Carmela, for your hint). This expression means literally " Pasta with Sardines remained in the sea". It is basically a metaphor to say that if you don't have fresh Sardines from the Mediterranean Sea, you can use the best alternative that is Anchovies from the Mediterranean Sea imported from Sicily. The same happens for Wild fennel and we opted for a delicious Sicilian Wild Fennel Pesto. In this way, we are sure you are experiencing the Authentic Sicilian flavors and scents.

OUR COMMITMENT TO AUTHENTICITY  
FROM ITALY TO YOUR TABLE

*Che Tubetto Silvio Polito*

# Pasta con le “Sarde a Mare”

PASTA WITH SARDINES IN THE SEA



**SERVINGS:** up to 4  
**COOK TIME:** 15 min  
**PREP TIME:** 15 min  
**LEVEL:** MEDIUM

## PREPARE THE INGREDIENTS

**SCALLION:** (1 scallion). Trim off and discard the stringy root ends and the green tops. Slice the remaining scallion.

**RAISINS:** Soak 1.8 oz of raisins in warm water.

**PINE NUTS:** Toast 1.8 oz of pine nuts in a dry skillet over medium heat. Stir frequently, cook until they turn golden brown.

**BREAD CRUMB:** Toast 10 oz of bread crumb (10 oz) in about 1 tablespoon of Italian Extra Virgin Olive Oil in a large skillet over medium heat, tossing frequently, until golden.

## How To Use The Ingredients in Your Box

### MAKE THE SAUCE

In a **sauté pan**, add one tablespoon of **EVOO and scallion**. Cook, stirring occasionally for 2 mins. Add 2 anchovies and save one anchovy per person (you will need it to decorate). Add **pine nuts** and **drained raisins**. Save some to decorate. Cook stirring occasionally.

Add the **Wild Fennel Pesto**, cook stirring occasionally, for few mins.

### HOW TO COOK ARTISANAL PASTA

**Bring a large pot** (10 in diameter) of water to a boil 1lt ( 36fl oz) each 3.5oz. **Add Salt** (7gr per liter) and **add pasta** and stir gently to prevent sticking.

Save 1 cup of pasta water to “risottare” pasta.

### Our Tips

1. **Pasta "al Dente"**. "Al Dente" is the Italian slang for "cooked so as to be still firm when bitten". Pasta cooking time is variable (humidity, pasta shape...) so bite a piece of pasta after 8-9 mins to check if it has "Al dente" consistency. You will get better with practicing.

2. **Mix Pasta and sauce in the sauté pan** and until well combined (this is called **Risottare**).

3. **Top Quality Ingredients**: don't worry, we took care of it.

#### How To Set The Table According with Moms and Galateo.

Our moms use to bring to the table also a small jar with a teaspoon, filled with toasted breadcrumb. So everyone can sprinkle some more during the meal depending on personal taste.

DRAIN AND MIX PASTA WITH THE SAUCE

Check after 8-9 mins for the "Al dente" consistency. **Drain pasta "al dente"**.

**Pour** immediately **pasta** into the **sauté pan** with the sauce over low heat (Risottare) until well combined and creamy. If pasta and condiment became dry, add pasta water and continue cooking. Do not overcook pasta. Serve it still "Al Dente".

HOW TO PRESENT YOUR PLATE (Optional)

**Pour pasta** into a serving plate by twisting with a fork **big bundle**. **Sprinkle Breadcrumb, raisins and pine nuts** on top. **Decore** every plate with a dill or fennel **frond** and with an **anchovy**.

**Enjoy in Togetherness**  
AND BUON APPETITO!

