

Maine Arts Camp

Recipe: Pasta Aglio e Olio-Pasta with Garlic & Oil

Chef: Charlie Limoggio CEC

Servings: 4

Quantity	Unit	Ingredient	Prep Notes
1	Pound	Spaghetti	
1/3	Cup	Extra Virgin Olive oil	
8	Cloves	Garlic	Sliced very thin
½	Teaspoon	Crushed red pepper flakes	
½	Cup	Chopped walnuts	
½	Cup	Chopped fresh parsley	
	As needed	Grated parmesan cheese	

1. Bring a large pot of water to a boil for pasta. Add 2 tablespoons salt and the pasta, cook according to directions on the package. When draining pasta, set aside 1 ½ cups of the cooking water.
2. Meanwhile, heat the olive oil over medium heat in a pot large enough to hold the pasta, such as a 12-inch sauté pan or a large, shallow pot. Add the garlic and walnuts and cook for 2 minutes, stirring frequently, until it just begins to turn golden on the edges-don't overcook it! Add the red pepper flakes and cook for 30 seconds more. CAREFULLY add the reserved pasta water to the garlic and oil and bring to a boil. Lower the heat, add 1 teaspoon of salt, and simmer for about 5 minutes, until the liquid is reduced by about one fourth.
3. Add the drained pasta to the garlic sauce and toss. Off the heat, add the parsley and Parmesan and toss well. Allow the pasta to rest off of the heat for 5 minutes covered to absorb the sauce. Taste for seasoning and serve warm Parmesan on the side.

**Chef Charlie's grandmother added the walnuts to this classic Italian peasant dish. It accentuates the nuttiness of the toasted garlic and add a nice crunch to the dish as well.

Please note: Volume and weight are not interchangeable. If the recipes calls for ounces, the ingredient is to be weighed. If it says fluid ounces, then it is by volume and is to be measured in cups, ½ cups etc.