

Foreword - To reproduce a dish of Italian cuisine out of Italy is simple. It's sufficient to use exactly the listed ingredients (no substitutions, no changes, no additions) with the listed quantity, and to respect the listed cooking time.



Spaghetti with yogurt, peas and saffron

Serving: 2 - Total time: 45 min

Ingredients...

- 10-11 oz Red onion (300 grams)
- 10 tablespoons of Olive Oil (150 ml)
- 8 oz of Peas (deep frozen are ok) (240 grams)
- 1 cup of Water (220 ml)
- 1/2 cup of Yogurt (125 ml)
- 1/2 teaspoon of Saffron (dust) (0,25 grams)
- 6 1/2 oz of Spaghett (180 grams)



Pictures Left to right.

1. Chop the red onion in little pieces.
2. Get a little pot (around 6-7 inches), pour in the olive oil and the chopped onion.
Cook at medium heat until the onion is almost transparent, not colored.
To avoid burning the onion add a little water.
3. The final onion should be transparent, not colored.

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Now for the spaghetti & the peas: Put 3 gallons of water in a pot and add a pinch of salt. When the water is boiling, not before, add the spaghetti.

Now add the peas to the cooked onions and the listed cup of water. Let cook at medium heat 3-4 min. See how fluid the result has to be in the picture below. Add a good pinch of salt and stir.

Turn off the heat and wait the spaghetti.



Notice how fluid the result is, when you have added the peas to the cooked onions.



The pasta has to be "al dente", so quite hard. The only rule is: you have to taste. The ones that throw the pasta on a wall to evaluate the "perfect" cooking should be shot at sunrise.

So, when the spaghetti is finished "al dente" drain them and pour in the pot with the peas.

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Now add the yogurt and the dust of saffron.



Energetically stir

Finished!!!

Serve & Enjoy.