

CHE FICO ALIMENTARI

PASTA AT HOME

PASTA FAGIOLI

SERVES FOUR

INGREDIENTS:

1 lb Che Fico lumache
2 ea whole spring onion (green and white); thinly sliced
3 ea garlic cloves; thinly sliced
2 ea carrot; cut into a small dice
1/4 cup guanciale (or mushrooms); cut into a small dice
1 bunch flat leaf parsley; cut off the leaves and finely chop
1 lemon; Peel and roughly chop the peel. Juice the lemon and reserve
6 tbsp unsalted butter
2 tbsp extra virgin olive oil
8 oz butter beans in liquid
1 ea sprig of thyme; picked and chopped
1/4 cup parmigiano reggiano
salt and fresh black pepper to taste

WHAT YOU'LL NEED:

One 8-qt stock pot, one 4-qt sauce pot or a 9" skillet, one pair of tongs, one slotted spoon

METHOD:

1. Fill your stock pot half way with water. Bring water to a boil. Season with salt.
2. Meanwhile, in a medium saucepan melt 3 tbsp of butter and 1 tbsp extra virgin olive oil. Add the guanciale (or mushrooms) and cook over medium heat until it starts to brown, stirring occasionally, about 4-6 minutes.
If using mushrooms, add an additional tbsp of oil.
3. Add the spring onions and garlic and continue to cook over medium heat until the whites of the onions are translucent, about 4 minutes. Then add the carrots and cook until they begin to soften, an additional 2 minutes.
4. Add the lemon peel, thyme, and butter beans with their liquid, stir to combine, and bring to a simmer.
5. Once the pasta water is boiling, add your lumache. Cook to al dente, about 5-6 minutes. Once your pasta is cooked, use your slotted spoon to remove it from the water and add it to your sauce pan with the beans and vegetables.
6. Remove your sauce pan from the heat and stir in the lemon juice, remaining butter, chopped parsley, and parmigiano reggiano. Stir until the sauce has thickened and looks glossy. Season with salt to taste.
7. Plate your pasta and top with a drizzle of olive oil, a sprinkle of parmigiano reggiano, and a crack of black pepper. Enjoy!

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DINNER AT HOME

BRAISED BRISKET

WHAT YOU'LL NEED:

Medium sauce pan, glass cup, cutting board, knife

METHOD:

1. In a medium sauce pot, bring 4 quarts of water to a boil.
2. Add the brisket (in the bag), lower the heat to a simmer and cook for 10-12 minutes until the brisket is warmed through and is tender.
3. Discard the water. Open the bag carefully and pour out the braising liquid in a cup.
5. Place the brisket on a cutting board. Slice the brisket.
6. Plate the brisket and pour the braising liquid over the meat. Enjoy!

BUON APPETITO!