



## Pasta Three Ways

*Created by Iron Chef Marc Forgione, this recipe is created to go with spaghetti or whatever dry pasta is available in your pantry.*



Chef Marc Forgione is the chef/owner of Restaurant Marc Forgione and Peasant and the co-owner/partner of Khe-Yo. He won season 3 of Food Network's "The Next Iron Chef" at just 31 years old, making him the youngest winner in the show's history. Among the many accolades, Restaurant Marc Forgione was recognized with a glowing two-star review in the New York Times and received a Michelin star.

Chef Forgione is also the author of "Marc Forgione: Recipes and Stories from the Acclaimed Chef and Restaurant." In addition to supporting numerous charities, Chef Forgione is a Chef Ambassador for Family Reach Foundation, Chefs for Kids Cancer, City Harvest, and Feeding America.

# INSTRUCTIONS

## Pesto Sauce



- [1/4] cup pine nuts
- 2 cloves garlic
- 4 cups chopped fresh basil (or a mixture of basil and parsley)
- 1 cup extra-virgin olive oil
- [1/2] cup finely-grated Parmigiano-Reggiano
- 1 teaspoon red pepper flakes

- 1 In a small dry skillet set over low heat, toast the pine nuts, shaking the pan frequently to prevent burning, until golden and fragrant, about 2 minutes. Transfer the pine nuts to a plate to cool.
- 2 Place the toasted pine nuts, basil, olive oil, and garlic in a blender or food processor and blend on high power for 30 seconds. Transfer the mixture to a bowl and fold in the cheese, pepper flakes, and some salt (to taste). Allow the mixture to cool, and refrigerate until ready to use.

## Carbonara Sauce



- 2 tablespoons pancetta or bacon
- 1 tablespoon unsalted butter
- Extra-virgin olive oil
- 2 farm fresh egg yolks, whole\*
- 2 tablespoons grated pecorino cheese, plus additional
- freshly-ground black pepper (5-6 turns of pepper mill)

- 1 Cook the pancetta or bacon in butter and about 1 tablespoon of the olive oil—enough to coat the bottom of the pan—until crispy in a pot or dutch oven. Remove cooked pancetta from pot. Pour off all of the fat except for 1 tablespoon.
- 2 Just before pasta is finished cooking, scoop out about 1 cup of pasta water. Drain pasta.
- 3 Deglaze the dutch oven with a little bit of the pasta water (scrape up all the crispy bits on the bottom). Remove pan from heat.
- 4 Add pasta, pancetta, cheese, and a little of the pasta cooking water back to the pot and toss well to marry the flavors together. Season with a few turns of fresh black pepper.
- 5 Transfer pasta to one large glass jar (or two jars) and place the egg yolks on top unbroken (if using two jars, put 1 egg yolk in each).
- 6 Close the lid to the jar and right before serving, tell your guests to shake the jar, open, and pour pasta out onto a plate. Or, transfer the pasta to shallow bowls and place one unbroken egg yolk on top of each pasta serving. Toss gently to break up the egg to coat the pasta as though you were tossing it in the jar.

## Arrabiata Sauce *(vegan / vegetarian)*



- 3 tablespoons extra virgin olive oil
- 3 teaspoons red pepper flakes, or more/less to taste
- 1 small yellow onion, chopped
- 4 large cloves garlic, minced
- 2 (28-ounce) cans whole tomatoes, preferably San Marzano, crushed with your hands
- fresh basil leaves, torn or roughly chopped
- kosher salt
- freshly-ground black pepper

- 1 Heat olive oil in a deep saute pan or pot over medium-high heat. Add crushed red pepper flakes and sauté for 2 minutes, stirring occasionally. Add chopped onions and sauté for 5 minutes or until softened and translucent, stirring occasionally. Add garlic and sauté for 2 more minutes or until fragrant, stirring occasionally. Season with a little salt. Add in the crushed tomatoes and stir to combine.
- 2 Simmer the sauce for about 20-25 minutes
- 3 Season with more salt (to taste) and freshly-ground black pepper. If you want it a little more spicy, add a pinch or two of more red pepper flakes. Finish with freshly torn basil leaves.

\* Pantry items . Not included in Meal Kit

# Kitchen Equipment

## ***For all recipes:***

- cutting board
- chef's knife

## ***For the Pesto:***

- small skillet/pan
- food processor or blender
- rubber spatula
- plate
- bowl

## ***For the Carbonara:***

- pot or dutch oven
- wooden spoon
- large glass jar(s) with lids  
(16 oz or 32 oz) or shallow bowls

## ***For the Arrabiata:***

- deep sauté pan or pot
- wooden spoon