

CAVATELLI ARRABBIATA

SERVES: 2-3

VEGAN

CAVATELLI PASTA

2 cups (250 g) semola rimacinata flour

½ cup (120 ml) lukewarm water

ARRABBIATA SAUCE

2 oz (60 ml) extra virgin olive oil

2 garlic cloves, whole or finely minced

1 teaspoon chili flakes or fresh chili pepper

9 oz (255 g) whole peeled tomatoes, crushed by hand

salt to taste

TOOLS

large pot for boiling pasta

mixing bowls

strainer for pasta

knife and spoon

gnocchi board (optional)

saucepan

wood board

bench scraper

woodspoon

plate and a dish towel or plastic ziplock bag

dish towel for placing shaped pasta

A NOTE ON MEASUREMENTS

We work with chefs from all around the world, which is why we include both imperial (cups/ounces) and metric (grams) measurements. To achieve best results, we highly recommend that you utilize a kitchen scale and follow the metric measurements when possible.

INSTRUCTIONS

PASTA DOUGH

Mix semolina flour in a large bowl. Make a well in the center.

Pour water into the well a little at a time, three times, while mixing it with the flour until it becomes a shaggy mass of dough.

Knead it with your hands by flattening the ball, stretching it, and folding the top towards the center. Continue for 10-15 minutes, or until the dough is smooth and bounces back when poked.

Shape the dough into a ball and place it in a bowl covered with plastic wrap or a damp kitchen cloth. Let rest at room temperature for at least 30 minutes before using and up to 2 hours. For a longer rest, wrap the dough in plastic wrap and set aside in the refrigerator.

Work with one portion of the dough at a time, keeping the remaining dough covered to keep it from drying out. Roll out the dough to make a rope, about 1/3-inch thick.

Cut off small, 1/3-inch-thick pieces. Press and gently drag the small piece of dough towards you with your index or first finger. The two sides will curl inwards, leaving hollow spaces.

Proceed the same way with the rest of the dough. Transfer cavatelli to a floured surface and sprinkle with more semolina flour. Do not overlap the cavatelli or they will stick together.

ARRABBIATA SAUCE

Place a saucepan over medium heat and add the olive oil and garlic. Saute until fragrant and golden, about 1 minute. Stir in the chili flakes.

Add the crushed tomatoes and season with a pinch of salt. Cover the saucepan and let the sauce cook for 15 minutes. Taste for salt, then set aside.

ASSEMBLY

Bring a large pot of salted water to a boil. Add the cavatelli and cook for 4-6 minutes, checking one to make sure they are fully cooked before straining.

Strain pasta and mix with the arrabiata sauce. Transfer to a serving dish or bowl, and top with any fresh herbs you may have at home. Tip: add Parmigiano Reggiano grated on top for an extra delicious flavor!



Photo Credit: Getty Images

ABOUT IMPASTIAMO

IMPASTIAMO is a global cooking community making an impact one dish at a time. Created as a way to support chefs whose livelihoods were impacted by the pandemic, IMPASTIAMO has grown into a platform that connects culinary experts to curious home cooks all around the world. Since their inception, IMPASTIAMO has hosted over one hundred cooking classes and events, and has raised over \$67,000 in support of out-of-work chefs and local nonprofits (such as FoodCycle LA, No Us Without You, Black Lives Matter LA, and more). Find us at www.impastiamoclasses.com or on IG @impastiamoclasses