

Fabio's Pasta with Fagiolini and Tomato Sauce

3 Cipollini onion; small dice

16 ounces prepared tomato sauce

3 or 4 tablespoons of extra virgin olive oil. Sauté the onions until golden and then add the prepared tomato sauce, two jars at 7 or 8 ounces each. (In Italy we used the little glass jars that just contain ground plum tomatoes. This allows for you to season and add your own fresh herbs. Warm sauce thru and then cover pot and turn off heat.

You will also need 500 grams of pasta (5 cups dry pasta)

One pound or so of fagiolini beans (fresh string beans) tips removed.

Fresh basil for garnish

Begin by bringing a large pot of salted water to a boil and simmer the string beans for 6 minutes before adding the pasta to the cooking water. This will allow the string beans to soften first and the pasta to be cooked al dente.

Once the pasta has reached al dente, strain the water and then add the pasta and beans back to the pot. Pour the hot tomato sauce over top and mix gently. Garnish with fresh basil. Serve with a large chunk of pecorino that can be grated over each dish.

Recipe for Keri's Chicken Thighs with fresh lemon, rosemary, olive oil, potato and onions

8 bone in with skin on chicken thighs, seasoned well with salt and pepper and seared in olive oil for 8-10 minutes until golden.

8 Yukon gold potatoes chopped to very small wedges. (I scrub them well, and leave the skins on.)

6 Cipollini Onions, chopped not; too small

Fresh rosemary and fresh lemons for juicing.

Method

Place the seared chicken thighs in a glass baking dish with the skin side up.

Sauté the potato and onion in the same pan that you have used to sear the chicken. Add a bit more olive oil and season with salt and pepper.

Once they are golden brown, add the potato and onions to the dish with the chicken and top with fresh rosemary and fresh squeezed lemon juice. (Just about the juice of one lemon.) Season with a touch more salt and pepper.

Bake uncovered for 40 minutes at 400 degrees. or until the chicken thighs have reached an internal temperature of 165 degrees.

Serve with a beautiful glass of Sparkling Italian White...the wine of the moment!
Chowfancy!