

Pasta with Tuna Sauce

Cuisine: Italian

Category: Fish

Occasion: Lunch, Dinner, Side dish

Servings: 4

Ingredients:

Ingredients (not needed):

1 Italian mother;
fancy, expensive stove,
various elusive ingredients

Ingredients (needed)

1 3-1/2 oz can tuna fish (100 gr) well-drained
1 lb. spaghetti (400 gr)
1/2 cup olive oil (50 gr)
1 clove garlic (optional)
1 chopped small white onion (optional)
1 8-oz. can tomatoes, no sugar added (250 gr)
A few basil leaves
A few parsley leaves (dried, if fresh not available)
Pinch of salt
Pinch of pepper

Instructions:

Method:

Fill a tall pot 2/3 full with water, add a modest measure of marine (sea) salt, bring to a boil. Pour olive oil into another pot. Add garlic and onion, if desired, and cook on low heat until lightly browned; stir frequently. Dispose of garlic when browned. Add tuna; stir and mash into small pieces (beware: liquid from water-packed tuna, which is not well-drained, will splatter when it hits the hot oil). After a few minutes, but before the tuna becomes too dry and burned, delicately add tomatoes. Add salt, pepper, basil and parsley. Boil gently until it reaches the desired consistency.

Place spaghetti in boiling water. If it extends above water level, do not panic or chop down. Press pasta down gently with your hand (right or left does not matter) in a rotating motion. When your hand gets too close to the boiling water, use a big fork to submerge the pasta. Too much water will result in an insurgence of foamy water trying to escape the pot. In my country, if that happens and the flame is extinguished, it is a sign of bad manners. No one likes

to spend time cleaning up, and besides, you have to take your pot off the burner, restart the flame when the burner is still wet, etc. Meanwhile, your pasta will get mushy, and it is very bad manners to serve mushy pasta. If you can overcome these burdens, taste the pasta as it cooks to decide when it is done. Precise timing depends on the type of pasta and on your taste. Usually people like it a little hard, al dente, which means little pieces get stuck in your teeth.

Pour cooked pasta into a colander, shake vigorously to drain, then put it in a big bowl and pour sauce on top. Mix and serve. No cheese is welcomed on top of it.

Submitted by Mario Fioravanti, Italy. IPA Bulletin Volume 17 No. 4, December 2000.