



## Spaghetti Aglio e Olio con Peperoncini



### Ingredients

olive oil  
garlic  
chili (red pepper)  
parsley



### My tip

Good products and the pasta itself are very important. You should make sure that the pasta contains 13-14% protein and is of very good quality. In other words, a type of pasta that has not been quickly dried at too high temperatures to keep the gluten and starch "alive" in their original state and thus promote digestibility. I usually use De Cecco spaghetti, no. 12, but there are also similarly good and even better qualities, of course.

If you don't want it very hot, remove the seeds from the chili pepper. One or a half is enough for two people. First, cut the chili pepper into thin strips and then again crosswise into fine cubes. Cut the parsley stalks into thin pieces. One clove of garlic can be used per person, preferably fresh garlic.

While the pasta is cooking, the ingredients can be prepared in a high sided pan (copper or stainless steel). First, add plenty of olive oil to the moderately heated pan. Then add the chili pepper and parsley stalks. Press the garlic cloves instead of cutting them into strips. This brings out the aromas and flavours much better in such a short time. However, do not add them until about 2 minutes later so that they do not brown. To prevent the garlic from burning, add a little pasta water after a while to bring the sauce to a slow simmer.

The pasta itself is added to the sauce about 3 minutes ahead of time and is also cooked with a little pasta water in the sauce. This is the most important moment, when a kind of "crema", as the Italians say, is slowly created by stirring and adding more pasta water as required. Finally, add the finely chopped parsley leaves and freshly grated pecorino (preferably the Nero variety and no parmigiano, please). After tossing the dish a few times in the pan, it can be served in preheated, round, deep plates.

Enjoy your meal!

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