8 SIMPLE CLASSIC ITALIAN PASTAS

These pasta recipes are simple Italian classics, "pantry" meals that take less than 15 minutes to make. Each recipe makes enough for 4 to 6 people. For all these recipes, follow these steps:

1. Cook 800g of dried spaghetti (or any other long-dried pasta) in a large pot of salted boiling water.
2. When the pasta is al dente (cooked but still firm), transfer it straight from the boiling water into the pan with the sauce (see below for recipes) — don’t worry that the pasta isn’t drained, you want the dripping water in the sauce to emulsify.
3. Add about 1/3 cup of the pasta water into the pan with the pasta and sauce, and toss the pasta gently. This will finish cooking the pasta and the water and oil will emulsify, thickening and coating the pasta, making it look gloriously glossy.
4. Season to taste with salt and pepper.

PASTA WITH OLIVE OIL & GARLIC (AGLIO E OGLIO)

- 1/2 cup olive oil
- 10 garlic cloves, sliced
- 1 tbsp red chili flakes
- 1/4 cup chopped parsley

While the pasta is cooking, place the olive oil and garlic in a pan over medium high heat. Stir until the garlic is golden, but be careful not to burn it. Then follow the above steps to add the pasta, season with salt and pepper, and emulsify the sauce. Toss through parsley and chilli flakes, serve with Parmesan.

FRESH TOMATO & BASIL SAUCE (POMAROLA)

- 4 tbsp extra virgin olive oil
- 2 garlic cloves, crushed
- 2 x 800g fresh cherry tomatoes, halved
- 1/4 cup fresh basil, lightly packed

While the pasta is cooking, place the olive oil and garlic in a pan over medium high heat. Stir until the garlic is fragrant, then add tomato and cook briefly, just to warm through. Then follow the above steps to add the pasta, season with salt and pepper, and emulsify the sauce. Toss through basil, serve with Parmesan.

FIERY PASTA (ARRABBIATA)

- 1/4 cup olive oil
- 2 garlic cloves, crushed
- 2 x 600g crushed tinned tomatoes
- 1 tbsp chilli flakes
- 1/4 cup chopped parsley

While the pasta is cooking, place the olive oil and garlic in a pan over medium high heat. Stir until the garlic is fragrant, then add the tinned tomatoes and chilli flakes. Follow the above steps to add the pasta, season with salt and pepper, and emulsify the sauce. Toss through parsley and serve with Parmesan.

PASTA WITH TUNA (SPAGHETTI AL TONNO)

- 1/4 cup extra virgin olive oil
- 2 garlic cloves, crushed
- 1/2 brown onion, diced
- 140g/400g crushed tinned tomatoes
- 1/4 cup chopped parsley

While the pasta is cooking, place the olive oil and garlic in a pan over medium high heat. Add the onion and cook until softened, then add the tinned tomatoes and bring to a rapid simmer, then add the tuna. Then follow the above steps to add the pasta, season with salt and pepper, and emulsify the sauce. Toss through parsley and serve.

PASTA WITH ANCHOVIES (SPAGHETTI CON LE ACCUGHE)

- 1/3 cup olive oil
- 2 garlic cloves, crushed
- 2 tbsp anchovies, finely chopped
- 1 tbsp red chilli flakes
- 1/4 cup chopped parsley

While the pasta is cooking, place the olive oil, garlic, and anchovies in a pan over medium high heat. Stir until the garlic is fragrant and the anchovies have melted. Then follow the above steps to add the pasta, season with salt and pepper, and emulsify the sauce. Toss through parsley and chilli flakes, and serve with Parmesan.

AMATRICE SPAGHETTI (SPAGHETTI ALL’AMATRICIANA)

- 2 tbsp extra virgin olive oil
- 2 garlic cloves, crushed
- 1/2 brown onion, diced
- 14oz/400g crushed tinned tomatoes
- 1/2 tbsp red chilli flakes
- 6oz/180g thinly sliced guanciale, or diced pancetta or bacon

While the pasta is cooking, place the olive oil and garlic in a pan over medium high heat. Add the onion and guanciale (or pancetta or bacon) and cook until the onion has softened and the bacon is golden. Then add the tinned tomatoes and chilli flakes and bring to a rapid simmer. Then follow the above steps to add the pasta, season with salt and pepper, and emulsify the sauce. Serve with Parmesan.