

Homemade Tagliatelle with Arabiatta Sauce



Takes – 25 minutes

Serves - 4

400 g 'OO' pasta flour

4 large eggs

pinch of salt

a little olive oil

Semolina powder for drying

Place the flour in a mound on a clean, dry work surface and with a fork make a well in the centre to make it like a volcano. Break the eggs into the middle and add a pinch of salt and a little olive oil. Use a fork mix the eggs roughly into the flour.

Using your hands, knead everything together vigorously. Continue to knead the mixture until it forms a really smooth, pliable ball of dough.

Roll out the dough as thinly as possible with a good rolling pin then fold it in half and roll it all out again. Continue to do this over and over again until the dough is really elastic, smooth and shiny.

The traditional test that the dough is ready to cut is to use a rolling pin which will make a neat snap as it rolls over the fold, indicating that the tension in the dough is at the right point. The sheet of dough will feel exactly like a brand-new, wrung-out, damp chamois leather.

Hang the pasta over a rack to dry for up to 30 minutes before cutting into the required shape. Repeat the rolling process with the remainder of the dough and dry as above.

Use a cithara to make the pasta into Tagliatelle and sprinkle with semolina powder.

Arabiatta Sauce

A tasty tomato and garlic Italian sauce for any pasta

4 Tbsp olive oil

1 onion - chopped

3 garlic cloves, chopped

14 oz tin of chopped tomatoes

1 red chilli - chopped

1 tsp thyme, chopped

1 Tbsp basil, chopped

In a medium saucepan on medium high heat, add the olive oil

Add the onion and garlic to saucepan and sauté for 5 minutes, till soft and beginning to brown.

Add the tomatoes, red chilli, thyme, basil, and salt and black pepper to taste.

Simmer for 30 minutes, stirring with a non metallic spoon.

Add pasta to sauce (never sauce to pasta) stir and serve.

Normandy Pork with Old Goblin Apple Sauce and Buttered Spinach



Takes – 25 minutes

Serves - 2

250 grams Bramley apple, peeled, cored, and finely sliced

1 teaspoon oil

1 teaspoon butter

1 medium onion, chopped

450 g pork fillet cut into medallions

225 ml Thatchers Katy cider

55 ml cider vinegar

Salt and freshly milled black pepper

2 rounded tablespoons half-fat crème fraîche

First of all, cut the pork fillet into 1 inch medallions. Then, heat the oil and butter in a shallow, ovenproof pan or casserole and cook the onion in it over a medium heat for 5 minutes, stirring now and then. Increase the heat and add the pork, stirring over the heat for a couple of minutes. The pork doesn't need to be browned, just lightly coloured.

Next, add the cider, cider vinegar and a generous seasoning of salt and freshly milled black pepper. Bring everything up to simmering point, until the pork is cooked, by which time the liquid will have reduced considerably.

Now stir in the prepared apples and the crème fraîche and cook for a further 15 minutes.

New potatoes with butter and chives and some spinach with a squeeze of lemon would be a nice accompaniment.