

FLOUR + WATER

Penne with Prosciutto + Peas

This recipe was pulled directly from our cookbook, flour + water: pasta. While the book primarily focuses on techniques for creating fresh pasta at home, each recipe includes a store-bought alternative. Our dried penne rigate is the perfect substitute for garganelli.

We encourage you to buy the best ingredients you can for this dish, because simplicity often exposes the quality of your ingredients, for better or worse.

Ingredients:

Pea Puree

8 oz. Flour + Water Penne Rigate (½ box)
5 oz. English peas
½ cup pea shoots
1 tbsp. whole milk
About ¼ cup water

To Finish

2 tbsp. pure olive oil
3 oz. diced prosciutto
1 tbsp. Minced green garlic, or 1 ½ tsp. Minced garlic
1 ½ oz. spring onions, diced into ½-inch pieces
1 ½ cups chicken stock
5 ½ oz. shelled english peas
4 tbsp. Butter, chilled
3 cups baby arugula
Juice of ½ lemon
TT Kosher salt
Freshly ground black pepper
Freshly grated Parmigiano-Reggiano, for finishing
20 arugula flowers, stemmed, for garnish (optional)

Directions:

Have ready a bowl of ice water. To make the puree, cook the peas and shoots in boiling salted water until tender, about 2 minutes. Transfer to the ice bath and cool completely, about 2 minutes. Remove the peas from the water and store, refrigerated, until ready to use. Put the peas and shoots in the jar of a blender. Add the milk and begin to puree. Add just enough water, roughly ¼ cup, to achieve a smooth puree. Season with salt. You should have about 2 cups.

Bring a large pot of seasoned water to a boil. Heat a 12-inch saute pan over medium heat until hot but not smoking. Add the olive oil and heat until it gently ripples on the surface of the pan. Add the prosciutto. It should sizzle the moment it hits the pan. You want to brown it a bit without

making it crispy, about 1 minute. This step will infuse the oil with the prosciutto flavor, which will permeate the entire dish. Add the green garlic and spring onions and cook, stirring occasionally, until the vegetables are translucent, about 5 minutes. You want to keep stirring to prevent the garlic from burning. Add the chicken stock, bring to a boil over medium heat, and allow the stock to begin to reduce.

Add the pasta to the water when you begin cooking the prosciutto. Increase the heat under the sauté pan to medium-high and bring the liquid to a boil. Cook for about 1 minute. Add the peas to warm through. Once the pasta is cooked 80 percent through, until almost al dente, and add it to the pan. Cook in the pan for about 2 minutes. Add the butter and the pea puree and vigorously swirl the pan to create an emulsion. We want to keep reducing until the sauce coats the noodle.

Turn off the heat and gently fold in the arugula. Toss the pasta to incorporate the arugula. Add the lemon juice and season with salt and freshly ground black pepper.

To serve, divide the pasta and sauce between four plates. Garnish with grated Parmigiano-Reggiano, sprinkle with arugula flowers, if using, and serve immediately.