

g cuisine: with ALESSANDRO RUSSO

Troccoli with Cuttlefish Sauce

Troccoli: pasta made by hand with water and durum wheat flour. Typical dish of the coastal villages of the Gargano whose sea is rich in cuttlefish, is presented in its most tasteful and original in the Viestan tradition.

Eating a dish of Troccoli with Cuttlefish sauce is not a habit, but a way to perpetuate a culture through traditions, local customs and traditions.

Pasta is a story never completely written, appreciated as a typical example of Mediterranean diet, which is located in Capitanata - Puglia area, roughly equivalent to the province of Foggia - the most important production area of the precious as irreplaceable raw material: the wheat Hard.



Recipe

Time: 2 hours

Difficulty: Medium

Portions: for 4 people

Ingredients for Troccoli

200 gr. durum wheat flour

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Water and salt as required

Ingredients for the sauce

2 half-sized cuttlefish

200 gr. homemade dry bread

100 gr. pecorino pugliese

2 eggs

300 gr. peeled tomatoes

2 dl. White wine

1 dl. extra-virgin olive oil

1 clove of garlic

parsley and thyme as required



Preparation

In preparing the Troccoli, it works a soft and elastic dough, with the re-milled durum wheat semolina and water. Leave to rest for about an hour. Then cut into small pieces, crushed with a special brass rolling pin and quickly separated with your hands, forming spaghetti with an irregular thickness.

Prepared for squid ragù.

While letting the dough dry and spreading it on a flour-dusted surface, clean and empty the cuttlefish, washing them carefully. Meanwhile prepare the filling: knead crumbled bread, eggs, grated pecorino cheese, chopped parsley, garlic scent and a few leaves of thyme.

Create a homogeneous preparation and fill the cuttlefish by putting the head back in place.

In a shallow saucepan, brown oil, minced garlic; add the cuttlefish letting it flavor for a few minutes. Wet with white wine and let it evaporate; finally add the peeled tomatoes, adjusting them with water.

Cook over a low heat for about 30 minutes and then place the cuttlefish in a plate with high edges, similar to a baking sheet.

Blow the Troccoli, previously cooked in boiling salted water, in the sauce.

Arrange the Troccoli in the serving dish, with a touch of parsley and Pugliese pecorino, at your pleasure.