



# *Trofie*

## *Alla Paolina*



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## History of the dish

The "Pauline" pasta is a traditional dish of Palermo which has been passed from generation to generation in the families of the city. They seem to be born from the hands of a monk of the monastery of San Francesco di Paola, Cook in Palermo.



The original recipe has changed over time, so that we now have dozens of variants.

# The recipe

## *Ingredients for 6 people include:*

- 600 g of trofie (pasta shape)
- 1 kg of cauliflower
- 1 onion
- 1 clove of garlic
- 250 g of tomato sauce
- 50 g of anchovies dirty
- 100 ml extra virgin olive oil
- 2-3 basil leaves
- a teaspoon of cinnamon powder
- 2 cloves cloves (crushed)

## *Utensils*

- meat grinder
- peeler
- wooden spoon
- strainer

## *Preparation time*

Preparation time: 30 minutes

Cooking time: 15 minutes

Difficulty: average

## *Preparation*

- Boil the cauliflower in salt water and keep the cooking water to cook the pasta.
- In a pan with hot oil, fry the chopped onion, garlic, cloves, cinnamon, tomato sauce and fillets of anchovies that have been washed and boned.
- Cook for 10-15 minutes.
- Season after cooking.
- In the cauliflower cooking water, Cook the trofie "al dente". Drain them.
- Sauté in a pan ("arrimare") with the already prepared sauce.
- Serve with freshly ground black pepper.



## Variation of the recipe

# "Pasta vruoccoli arriminati chi" (Pasta with broccoli sauteed in the Pan).

### Ingredients for 4 people:

- 400 g of bucatini (type of pasta)
- 1 cauliflower 'Broccoli' of 1 kg
- 50 g raisins
- 50 g pine nuts
- 1 sachet of Saffron
- 1 onion
- 50 g of anchovies dirty
- 100 ml of olive oil
- salt and pepper



### Preparation

- Carefully clean the cauliflower "broccoli."
- Him Blanch in boiling water for 10 minutes.
- Finely chop the onion and fry it in a pan with 100 ml of olive oil.
- Add the anchovies cleaned in the sauce and mash with a fork.
- Add the raisins, the gears and the heads of broccoli.
- Saute over medium heat, stirring to avoid burning.
- Add the Saffron previously diluted in a bit of broccoli cooking water.
- Season with salt and pepper and let Cook for 15 minutes.
- Cook pasta "al dente", drain them.
- Add them to the pan of sauce and mix.
- Let stand for 2 minutes before serving.

