



Busiate al pesto trapanese



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HISTORY OF THE PASTES

The pastes have a very old history which starts 7000 years ago, when the man gives up the wandering life and starts to cultivate the ground. He discovers wheat then, learns how to work it, refine it, knead it with water. He sprinkles the paste and cooks it on the hot stone.

In 1154, in a document of the Arab geographer « Al-Idrin », who resembled a tourist guide, one mentioned a food of flour in the shape of son called “triyah”, and produced in Sicily.

The “busiate” are a kind of pastes which belongs to the typical dishes of the gastronomy of Trapani. The name of these pastes derives from “busa”, the stem of an endemic plant to the Mediterranean region. One used the “busa” to roll up the fresh pasta and to give them the typical shape in spiral.

Concerning the pistou with the “trapanese”, it is a receipt very old and typical of the province of Trapani, which was born from the continuations of the continual commercial exchanges between Italy and Is Europe. During their long journeys, the boats which started from Genova towards Eastern Europe often made stopover with Trapani, one of the towns of Sicily having a port among most important of all the island. In Trapani, one quickly adapted the receipt of the Genoese pistou, which then with time, was modified by people of Trapani and was adapted to the local products: the tomato and almonds.

The receipt for the manufacturing of Busiate

Ingredients for the pastes (4 people) :

- 400 G of wheat flour hard
- 200 ml of water approximately
- virgin extra olive oil in q.s.
- salt in q.s.

Preparation

- Pour the flour in a dish with a small amount of salt and of the olive oil in sufficient quantity.
- Gradually pour water in the mixture until obtaining a homogeneous paste.
- Let put back the paste with the refrigerator during 30 minutes.
- Spread out the paste over a scheme of work using your hands by forming small some 8/10 cm length thin cylinders.
- Roll up the cylinders of paste around a spade with skewer.
- Pose to them side by side on a plate flour.
- Let dry them a few hours around their spade before releasing some.
- Cook the busiate “al cogs”.



The receipt for the preparation with the pistou

Ingredients for the pistou:

- 250 G of ripe tomatos
- 50 G of basil
- 50 G of almonds
- 100 G of virgin extra olive oil
- 1 clove of garlic
- salt q.s.
- black pepper q.s.
- sicilian Pecorino (refined sicilian cheese) q.s.

Preparation :

- Chop of small pieces (with the hand or the blender) garlic, basil and the almonds.
- Add a small amount of salt and of black pepper.
- Add the extra virgin olive oil to the mixture.
- Make boil the tomatos until the skin gets clear easily.
- When the tomatos are peeled, chop them.
- Incorporate tomatos in the mixture and add a spoon of sicilian Pecorino while stirring up continuously.



When the pastes are ready, make jump them in a frying pan with the pistou during a few minutes. Decorate the dish with basil.
Bon Appétit !