



SERVES 2

★ Quick ★ Vegetarian ★ Energy

HEARTY PIZZOCCHERI HAILS FROM LOMBARDY. IT'S PRETTY OBVIOUS THAT THIS DISH, WHICH FEATURES BUCKWHEAT PASTA, ORIGINATES IN THE AREA NEAR THE ITALIAN-SWISS BORDER: THE COMBINATION OF PIZZOCCHERI NOODLES, POTATOES, AND CHEESE MAKES A HEARTY, NOURISHING DISH, JUST PERFECT FOR COLD WEATHER. PIZZOCCHERI CAN BE SOURCED ONLINE, AT SPECIALTY FOOD STORES, OR (IDEALLY) DURING A TRIP TO ITALY, WHERE YOU SHOULD STOCK UP WITH A FEW PACKAGES OF PASTA. ALTERNATIVELY, YOU CAN USE WHOLEGRAIN SPELT PASTA.

Pizzoccheri

INGREDIENTS

- 7 OZ (200 G) POTATOES, PREFERABLY WAXY, SUCH AS YUKON GOLD
- ¼ SAVOY CABBAGE
- SALT
- 5 ½ OZ (150 G) PIZZOCCHERI PASTA OR WHOLEGRAIN SPELT PASTA
- 1 GARLIC CLOVE
- 1 SPRIG SAGE
- 1 TBSP BUTTER
- 1 CUP GRATED GRUYÈRE OR PARMESAN CHEESE
- BLACK PEPPER
- FRESHLY GRATED NUTMEG

PREPERATION

There are several ways to cook pizzoccheri, and you can use dried or fresh pasta. I find this one-pot version the easiest.

Peel the potatoes and cut into cubes or thin slices. Wash and slice the cabbage leaves. Fill a large pot with water and bring to a boil. Add a generous amount of salt, then add the pasta and the potatoes. When both are still firm to the bite, add the cabbage. Boil gently until the cabbage is tender. Drain in a colander, reserving some of the cooking water. Peel and finely chop the garlic. Strip the sage leaves from the stem and slice them very thinly. Melt the butter in a deep skillet, add the garlic and sage, and sauté briefly. Add the potato and pasta mixture to the skillet and top with the grated cheese. Stir everything well, or vigorously shake the skillet back and forth. Add some of the reserved cooking water until the consistency is nice and creamy. Season with salt, pepper, and nutmeg. Serve straight out of the skillet.

EXPERT TIP

If you have a pasta maker at home, you can easily make pizzoccheri yourself. Place 5 ½ oz (150 g) buckwheat flour, 3 ½ oz (100 g) durum wheat flour, 3 large eggs and ½ teaspoon sea salt in a bowl. Knead to make a smooth and elastic dough. Wrap the dough and let rest briefly in the refrigerator. Follow the instructions for making tagliatelle, depending on your pasta machine, then slice into 1-inch (2 ½ cm) wide noodles. If you do use fresh noodles, add them to the pot at the same time as the cabbage to avoid overcooking. Feel free to use other green vegetables, such as spinach, leeks, or Swiss chard, in lieu of the cabbage.

