
Pasta Abruzzese with Sun-Dried Tomato Confit

From a cooking class with Tarla Fallgatter, 2017



Servings: 6

1. Heat olive oil in saute pan; add shallot and cook until translucent. Stir in spice rub. Reduce heat to low, then add oil-packed and regular sun-dried tomatoes plus the red wine. Simmer until wine is reduced by about half. Add balsamic vinegar and basil leaves off the heat.
2. Place hot, cooked pasta in a medium bowl and stir in the tomato mixture, then the fresh tomatoes and toasted pine nuts. Garnish with minced Italian parsley, if desired. Taste for seasonings. May need additional salt.

2 cups cooked pasta, abruzzo orzo

SUN-DRIED TOMATO CONFIT:

1 tablespoon olive oil

1 whole shallot, peeled, diced

1 teaspoon spice rub, Blackened, Cajun or your choice

1/2 cup sun-dried tomatoes, oil-packed, drained and julienned

1/4 cup sun-dried tomatoes

1/4 cup red wine

2 tablespoons balsamic vinegar

2 large basil leaves, julienned

1 cup tomatoes, heirloom, mini-sized, quartered or halved

1/3 cup pine nuts, toasted

Salt and freshly ground black pepper to taste

Per Serving (excluding unknown items): 169 Calories; 8g

Fat (41.6% calories from fat); 5g Protein; 20g

Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 78mg

Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2

Vegetable; 0 Fruit; 1 1/2 Fat.

Carolyn T's Blog: tastingspoons.com
