

A recipe from

DAD'S CHILE COOKBOOK



Heat Rating:



Pasta with Beans (Pasta e Fagioli)

Similar to Recipe in "Mediterranean Hot & Spicy" by Aglaia Kremezi

It's not so much the beans; it's really pasta with bacon, Italian bacon...

*1 cup dried cranberry beans (or pintos)
1 can (15 oz) low-sodium beef broth
1/3 cup light olive oil, plus more for frying
1 cup chopped yellow onion
1 tsp minced garlic
4 oz chopped pancetta Calabrese
4-5 tsp minced Marañ or Fresno chiles*

*1/2 cup dry white wine
1 1/2 cup grated fresh, ripe tomatoes
1 cup water (more or less)
kosher or sea salt
1 lb orecchiette pasta shells
3 Tbsp chopped fresh flat-leaf parsley
3 oz grated Parmigiano-Reggiano*

Soak the beans, then drain and rinse with cold water. Place in a pot over high heat and cover with broth and water, with about 1/2-1 inch more water over the top. Bring to a boil, then reduce to a simmer and cook until almost soft, about 45 minutes. Add extra water as needed. Drain; set aside.

Warm oil in a heavy pot over medium-high heat. Add onion and sauté for 2-3 minutes, then add garlic, pancetta, 3 tsp chiles and the beans. Sauté for 2 minutes, until water evaporates. Pour in the wine and cook for 30 seconds over high heat, then add tomatoes and about a cup of water. Bring to a boil, then simmer for 20 minutes or so, until beans are very tender. Add more water as needed. Season with salt and chiles.

Cook pasta until al dente and drain. About halfway through this cooking, grab out about a handful of pasta using a slotted spoon; dry on paper towels. In a skillet over high heat, warm enough oil to fry the partly-cooked pasta until golden and crunchy; drain on paper towels.

Mix pasta with cooked beans. Cover and let stand a few minutes, then add fried pasta and toss. Transfer to warmed platter, garnish and serve.

Yield: About 4 servings

Preparation time: 20-25 minutes, plus soaking the beans

Cooking time: 1 1/2 hours or so

