



Guitar-Cut Pasta with Bottarga and Chiles: Maccheroni alla Chitarra

 Dairy Free

READY IN



140 min.

SERVINGS



4

CALORIES



360 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup bread crumbs
- ☐ 56 ounce tomatoes whole crushed peeled canned
- ☐ 0.5 medium carrots shredded finely
- ☐ 1 substitute any caviar red finely grated shaved pressed mullet roe
- ☐ 3 tablespoons thyme leaves dried fresh chopped
- ☐ 3 cloves garlic thinly sliced
- ☐ 4 garlic cloves thinly sliced

- ☐ 4 servings kosher salt
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 onion spanish cut into 1/4-inch dice
- ☐ 1 teaspoon pepper flakes red crushed
- ☐ 1 pound roma tomatoes
- ☐ 4 servings salt and pepper
- ☐ 1 teaspoon sugar
- ☐ 1 pound maccheroni alla chitarra
- ☐ 1 pound maccheroni alla chitarra

Equipment

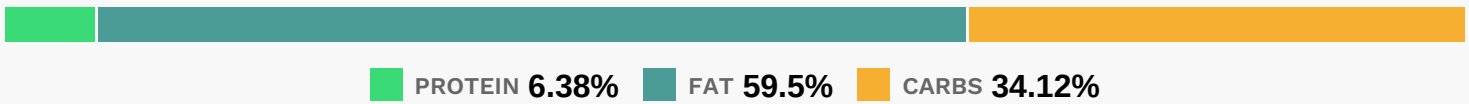
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven

Directions

- ☐ Bring 6 quarts of water to a boil and add 2 tablespoons salt.
- ☐ In a 12 to 14-inch saute pan, combine the olive oil, pepper flakes, and garlic and saute until the garlic is almost brown, about 5 minutes.
- ☐ Add the tomatoes and tomato sauce and bring to a simmer.
- ☐ Cook the pasta according to the package directions, until tender yet al dente, about 6 minutes.
- ☐ Drain the pasta and add it to tomato mixture. Toss over high heat one minute. Divide among 4 heated bowls, shave bottarga over each bowl, sprinkle with bread crumbs, and serve immediately.

- ☐ Preheat oven to 200 degrees F.
- ☐ Cut the tomatoes in half lengthwise, squeeze out the seeds, and remove the membrane. In a small bowl, combine the sugar, oil, salt, and pepper and coat the tomatoes with mixture.
- ☐ Place the tomatoes, cut side down, on a baking sheet lined with parchment paper and place in the oven. Cook for 2 hours, or until the tomatoes are very soft and have lost about half of their liquid.
- ☐ In a 3-quart saucepan, heat the olive oil over medium heat.
- ☐ Add the onion and garlic and cook until soft and light golden brown, about 8 to 10 minutes.
- ☐ Add the thyme and carrot and cook until the carrot is quite soft, about 5 minutes more.
- ☐ Add the tomatoes and their juice and bring to a boil, stirring often. Lower the heat and simmer until as thick as hot cereal, about 30 minutes. Season with salt, to taste.
- ☐ This sauce holds 1 week in the refrigerator or up to 6 months in the freezer.

Nutrition Facts



Properties

Glycemic Index:71.73, Glycemic Load:3.4, Inflammation Score:-10, Nutrition Score:24.237391501017%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 2.5mg, Luteolin: 2.5mg, Luteolin: 2.5mg, Luteolin: 2.5mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 8.33mg, Quercetin: 8.33mg, Quercetin: 8.33mg, Quercetin: 8.33mg

Nutrients (% of daily need)

Calories: 359.57kcal (17.98%), Fat: 25.35g (39%), Saturated Fat: 3.56g (22.22%), Carbohydrates: 32.71g (10.9%), Net Carbohydrates: 25.38g (9.23%), Sugar: 15.46g (17.18%), Cholesterol: 0.94mg (0.31%), Sodium: 1026.86mg (44.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.12g (12.23%), Vitamin C: 65.01mg (78.8%), Vitamin A: 3082.25IU (61.65%), Vitamin E: 7.04mg (46.94%), Manganese: 0.73mg (36.54%), Vitamin K: 37.1µg (35.33%), Vitamin B6: 0.68mg (33.86%), Potassium: 1156.36mg (33.04%), Iron: 5.79mg (32.19%), Fiber: 7.33g (29.33%), Vitamin B3: 4.25mg (21.25%), Vitamin B1: 0.32mg (21.23%), Copper: 0.42mg (21.13%), Calcium: 188.53mg (18.85%), Vitamin B2: 0.32mg (18.6%), Magnesium: 73.22mg (18.3%), Folate: 65.51µg (16.38%), Phosphorus: 140.51mg (14.05%), Zinc: 1.09mg (7.28%), Vitamin B5: 0.72mg (7.21%), Selenium: 3.2µg (4.57%)