

DINNER

Homemade Husband Blinders with Garlic Sauce: Cecamariti alla Checca

4 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
90 min	60 min	30 min	4	\$1.47	675 kcal

Homemade Husband Blinders with Garlic Sauce: Cecamariti alla Checca takes approximately 1 hour and 30 minutes from beginning to end. For \$1.47 per serving, this recipe covers 29% of your daily requirements of vitamins and minerals.

Ingredients

☐ 3½ cups all-purpose flour	☐ 3 cloves garlic, roughly chopped
☐ 1 tablespoon honey	☐ 1/3 cup extra-virgin olive oil
☐ 1 tablespoon extra-virgin olive oil	☐ 1 pinch Pinch red chile flakes
☐ ¼ cup light red or white wine, such as Fiano del Avellino	☐ 1 teaspoon salt
☐ 4 servings Salt and pepper, to taste	☐ 1 pound red ripe tomatoes, peeled and roughly chopped
☐ ¾ cup warm water	☐ 1½ ounces yeast

EQUIPMENT Bowl, Frying pan, Wooden spoon

Method

- 1 Place the wine, water and yeast in a large bowl and stir until dissolved.
- 2 Add the honey, salt and 1 tablespoon olive oil and mix thoroughly.

- 3 Add 1 cup of flour and mix with a wooden spoon until it becomes a loose batter.
- 4 Add 2 more cups of flour and stir with the spoon for another 2 to 3 minutes, to incorporate as much of the flour as possible.
- 5 Bring the dough together with your hands and turn it out onto a floured board or marble surface. Knead for about 6 to 8 minutes, until you have made a firm, smooth dough.
- 6 Place it in a clean, lightly-oiled bowl and cover it with a towel.
- 7 Let it rise in the warmest part of the kitchen for 45 minutes.
- 8 Bring 6 quarts of water to a boil and add 2 tablespoons salt.
- 9 In a 12 to 14-inch saute pan, heat the olive oil over high heat. Cook the garlic and chile flakes for 2 minutes, then add the tomatoes and salt and pepper, to taste. Simmer for about 20 minutes.
- 10 Meanwhile, divide the dough into several pieces and roll out by hand to resemble long strands of spaghetti. Cook in the boiling water 5 minutes, drain and add to the sauce. Toss over heat 1 minute and divide evenly among 4 warmed pasta bowls and serve.

Nutrition per serving

675	17 g	24 g	98 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			3.3 g · 20% of daily needs
Fibre			7.2 g · 29% of daily needs
Sugar			7.8 g · 9% of daily needs
Sodium			793 mg · 34% of daily needs
Cholesterol			0 mg · 0% of daily needs
Vitamin C			16.3 mg · 20% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/homemade-husband-blinders-with-garlic-sauce-cecamariti-alla-checca-147715