

Fettuccine with dried cod fish and white bread

(Tumac shpie me bakalla e mulikatë)

(by Unione Regionale Cuochi Calabria)

Serves 8 to 10

Pasta

◆ 4 cups all-purpose flour, plus more as needed ◆ 2 cups semolina flour ◆ Kosher salt ◆ 2 cups water, plus more as needed
Sauce ◆ 1 pound dried salt cod, soaked 24 to 48 hours, drained and rinsed ◆ 1/2 cup extra virgin olive oil ◆ 1 large onion, diced ◆ Cayenne pepper ◆ 1 quart water ◆ Kosher salt
Fresh Bread Crumbs ◆ 3 tablespoons extra virgin olive oil ◆ 1 garlic clove, crushed and peeled ◆ 4 cups coarsely shredded bread crumbs, from a loaf of country white bread ◆ Cayenne pepper

Preparing the pasta

1. For the pasta, place the flour in the middle of the work surface and create a “well” in the centre of the flour. Add the salt and, little by little, the water, and knead until soft and smooth.
2. Cover the dough with a plate and let sit for about half an hour. Knead the dough once again with your hands and cut into 4 pieces. Roll it out very thin with a rolling pin. Roll the dough onto a rolling pin, unthread it and cut it into about 1/4-inch wide fettuccine. Dust with flour, curl into nests on baking sheets dusted with flour.
3. For the sauce, heat the olive oil in large Dutch oven over medium heat. Add the onion and cook until softened, about 5 minutes. Add the cod, water and season with cayenne. Simmer until the cod breaks down and cooks into a sauce, 20 to 30 minutes. Season with salt and more cayenne if needed.
4. For the breadcrumbs, heat the olive oil over medium low heat in a large skillet with the garlic clove. Add the breadcrumbs and toss to coat in the oil. Cook and stir until the crumbs are crisp and golden, 6 to 8 minutes. Season with cayenne.
5. Bring a large pot of salted water to boil. Cook the fettuccine until al dente and add to the simmering sauce. Toss to combine and serve topped with the breadcrumbs.

Source: “Il viaggio di Lidia Bastianich in Calabria”

Food and wine itinerary