

Fileja and 'Nduja

(by Unione Regionale Cuochi Calabria)

Serves 6

Pasta

◆ 4 cups durum wheat flour, plus more for working the dough ◆ 1 1/2 teaspoon kosher salt ◆ 1 cup water, plus more as needed

Sauce

◆ 3 tablespoons extra virgin olive oil ◆ 1/2 medium Tropea onion, chopped ◆ 2 ounces 'nduja di Spilinga ◆ 2 cups tomato sauce ◆ 2 cups peeled, chopped fresh tomatoes ◆ 2 fresh basil sprigs ◆ Kosher salt ◆ Grated pecorino, for serving

Method

1. For the pasta, mix the flour, salt and water in a large bowl to make a dough, adding more water as needed to make a workable dough. Dust the counter with the flour and knead the dough until smooth and pliable. Cover and let rest at least 20 minutes.
2. Roll out the dough in pieces forming long cords about 1/8 inch thick. Cut in lengths of about 2 1/2 to 3 inches.
3. Twist the dough around a skewer and with a slight pressure of your hands along the table, push the dough to make a spiral, obtaining a long spiral-shaped pasta. Repeat with all of the dough, dust the fileja with flour and rest on floured baking sheets while you make the sauce.
4. For the sauce bring a large pot of salted water to boil. Heat the oil in a large skillet over medium heat. Add the onion and cook until almost tender, about 4 minutes. Add the 'nduja and stir to combine. Add the tomato sauce, fresh tomatoes and basil and season with salt. Simmer until thick and flavorful, 15 to 20 minutes.
5. Cook the pasta in the boiling water until al dente. Drain and transfer to the sauce. Toss to coat the pasta in the sauce, adding a little of the pasta cooking water if it seems dry. Serve with grated pecorino.

Source: "Il viaggio di Lidia Bastianich in Calabria"

Food and wine itinerary