



Franceschetta58

Pasta e Fagioli

By Francesco Vincenzi

RECOVERED INGREDIENTS:



INGREDIENTS

400 gr Le Curve di Pasta Lunga Mancini

CANNELLINI CREAM SAUCE

500 gr white cannellini beans
2 carrots
1 onion
1 stalk of celery
4 pieces of rind of Parmesan cheese
1 sprig of rosemary
50 gr fresh sage
4 cloves of garlic
200 gr olive oil

BEANS

100 gr Trasimeno beans
100 gr Zolfino beans
100 gr red beans

PARSLEY POWDER

1 bunch of parsley

DIRECTIONS

To prepare the beans

The day before, soak the three different types of beans separately (water three times their weight). Drain the beans and, keeping them separate, boil them in water.

To prepare the cream sauce

Soak white cannellini beans in water (about three times their weight) for a night. Wash the Parmesan rind pieces and cook them in a pot with boiling water for about one hour. Once cooked, remove them and let them cool to room temperature – cut them into cubes of around 1 cm and set aside. Save the cooking water. Drain the beans. Julienne the onion and brown in a pan with a little oil. Add the cannellini beans to the onion and stir for a few minutes, then cover the ingredients with the saved cooking water and continue cooking at low heat for about 2 and a half hours. While the cannellini beans cook, add 200 gr of olive oil in a small pot and bring to 68 degrees. Once the temperature has been reached, add 3 cloves of garlic, 50 gr of sage, a sprig of rosemary and leave in infusion for 15 minutes. Filter the liquid with a fine mesh strainer and keep it aside. Once cooked, blend the cannellini beans in a thermo-mix with the flavoured oil for about 5 minutes at medium speed, sift the cream.

Once cooked, drain the beans that had been soaked and boiled the night before and add them to the white cannellini cream sauce.

For the parsley powder

Wash, peel and cut the celery and carrots into small pieces; then brown them in a pan with a little oil and set aside. Wash the parsley and remove the leaves. Chop the leaves into small strips and set aside. Dry the parsley stems for a night at 45° in the oven. Once dried, blend in a bowl the stems to obtain the powder.

How to serve

Cook Le Curve di Pasta Lunga Mancini, and strain. Whisk the pasta over a low heat with the cannellini cream. Then add the celery and the diced onion, the Parmesan cubes and the parsley leaves previously set aside. Plate the pasta and complete the dish topping it with parsley powder.

