

Carrboro
FARMERS' MARKET
locally grown  nationally known
YEAR ROUND *Celebrating 30 Seasons*

Pasta with Anchovies and Broccoli Raab
Recipe Provided by: Leo Gaev

Recipe of the Week: May 12, 2008

2T extra virgin olive oil
2 medium onions (diced)
2 medium ripe tomatoes (chopped) *greenhouse tomatoes available at Market
1 bunch of broccoli raab (coarsely chopped) *got from Eco Farm
1 pound of fettuccini pasta
2 cans of anchovies
1 tablespoon of balsamic vinegar
1 tablespoon of white wine vinegar
1 tablespoon of Marsala wine
1 teaspoon red pepper flakes
black pepper to taste

Over medium-low heat, sauté the onions in olive oil until translucent. Add the 2 cans of anchovies. Continue to cook over medium-low heat to caramelize the onion mixture. Once caramelized, add the chopped tomatoes. Let the sauce cook down until it becomes thick. Once the sauce is thick and begins to stick to the pan, toss in the balsamic vinegar, white wine vinegar, and Marsala. Add the red pepper flakes and black pepper. Cook until syrupy and thick.

Boil the fettuccini in a separate pot. Right before the pasta is ready to drain, pour about 1 cup of the pasta water into the sauce and raise the heat to medium. The starch from the water helps to thicken the sauce. Drain the pasta once al dente. Once the sauce thickens and becomes syrupy, add the pasta. Coat the pasta in the sauce, then add the broccoli raab. Toss all together. The broccoli raab will wilt and slightly cook in the sauce. Serve in bowl and drizzle fresh virgin olive oil on top.

*Note: no salt is needed since the anchovies provide a great deal of saltiness to the dish.

* *Ingredients Available at Market*

What's Happening at the Market??



Wednesday, May 21st – Musician Mark Holland Plays: Come celebrate as we listen to musician Mark Holland play his acoustic blues/roots music at the Market. Wednesday Market hours run from 3:30 – 6:30. I look forward to seeing everyone there!



Wednesday, May 28th - Marilyn Markel of *A Southern Season* will demonstrate cooking with Farmers' Market ingredients found at the Market that day! Markel manages the Culinary Lessons at *A Southern Season*, and will share some great cooking tips and tastes with our customers.