



WHO YOU CALLING A PUTA?



hh...Puttanesca! What a beautiful word. The whore's pasta. Brimming with a pungent, undeniable aroma. A deep and salty heat. Born of the sea, she leaves a sharp afterburn. Rustic and rough, this little bitch is definitely not for all palates.

She originated in Naples under mysterious circumstances. Some say she was born out of desperation, thrown together from leftover scraps to feed a handful of hungry beggars who didn't care what they ate, as long as they could eat something. Others insist her origin is amongst the street whores themselves, claiming she was simple and easy and could come together quickly. Insinuating that her overwhelmingly fragrant aroma could mask a wealth of other sins, sins running rife through the alleys and back streets of this ancient city of Naples. Once home to the mythological sirens of Capri, now stinking of streetwalkers, pimps, and uncollected garbage. A glorious cornucopia of lust, desire, and greed. Love me, love my dirty Italian cousins.

And who doesn't love pasta? But unlike most things that are cheap and easy, it's actually good for you. By choosing 100-percent whole wheat over semolina, you triple the fiber content. To add even more nutritional value to any meal, expand your repertoire to include a variety of whole grains such as quinoa, brown rice, or whole-wheat couscous. Combining beans with whole grain offers a plate of almost complete protein.

PASTA PUTTANESCA

This bad girl maybe too strong for delicate palates, and the depth of heat, salt, and bite is really a matter of personal taste. I suggest experimenting until you perfect the balance. When the mood strikes, this little bitch is irresistible.

Feeds 4

- 1 pound whole-wheat penne pasta
- 2 tablespoons extra-virgin olive oil
- 6 garlic cloves, minced
- 1/2 teaspoon dried crushed red pepper flakes (at least!)
- 6 to 8 canned anchovy fillets, rinsed and chopped
- 1 (28-ounce) can Roma plum tomatoes,
broken into pieces, with juice
- 1 cup tightly packed, pitted, and halved Kalamata olives
- 3 tablespoons drained capers
- Handful of fresh basil leaves, shredded
- The best damn Italian grating cheese you can afford
- Salt

Prepare the pasta according to the package directions.

While the pasta is cooking, heat of the olive oil in a wide pan and sauté the garlic, pepper flakes, and anchovies for 2 minutes, stirring to crush the anchovies while they cook. Add the tomatoes, olives, and capers and simmer on low. Inhale deeply! Sex! The Sea! The Sirens!

Adjust seasoning to taste, which to me means add more red pepper. Don't be shy. The puta isn't. Drain the penne, add it to the sauce, and toss for 1 minute. Add the basil and some grated cheese before plating. It's that simple; that damn good. Now eat the bitch. And pass the beer.
