



FIDEO PASTA WITH CHORIZO AND KALE

FLAVOR PROFILE: LATIN AMERICAN

SERVES 3-4

Fideo is a favorite pasta of Mexican cooking. The fine, thin pasta comes in coils, like angel hair pasta. It is typically sautéed in oil for a few minutes, then cooked directly in the sauce, rather than separately in water as is traditional with Italian pasta. However, spaghetti also works with the flavors of chorizo (the spicy Hispanic sausage), and the other sauce elements of this recipe. Finely chopped kale adds some greens without altering the tomato-chili flavors.

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| 2 | DRIED ANCHO PEPPERS | 1 | CUP FINELY CHOPPED, STEMMED KALE |
| 1 | CUP HOT WATER | | KOSHER OR COARSE SALT |
| 2 | TABLESPOONS EXTRA VIRGIN OLIVE OIL | | FRESHLY GROUND PEPPER |
| 1/2 | ONION, FINELY CHOPPED | 4 | OUNCES FIDEO OR WHOLE WHEAT SPAGHETTI NOODLES |
| 1 | GARLIC CLOVE, FINELY CHOPPED | 1/2 | POUND CHORIZO, COOKED AND CRUMBLED |
| 1 | CUP LOW-FAT CHICKEN BROTH | | |
| 1 | CUP CANNED WHOLE TOMATOES, COARSELY CHOPPED, WITH THEIR JUICE | 2 | OUNCES QUESO FRESCO, CRUMBLED |
| | | 1/4 | CUP FRESH CILANTRO LEAVES |

Place the ancho peppers in the hot water and soak until soft, about 20 minutes. When soft, remove the stems and seeds and chop into small pieces. Set aside. Discard the water.

In a medium, heavy-bottomed saucepan, heat the oil over medium-high heat. Add the onion and sauté until soft, about 1 minute. Stir in the garlic and cook 1 more minute. Add the broth, tomatoes, reserved peppers, and kale. Cover and reduce the heat to low. Simmer for 15 minutes. Taste and season with salt and pepper.

Break the fideo coils into 3 or 4 pieces and add directly to the simmering sauce, stirring them in. Cover and cook until the fideo is tender and most of the sauce absorbed, about 10 minutes. Stir in the chorizo. If using spaghetti noodles, cook separately in boiling salted water.

Serve garnished with the cheese and cilantro.

SUGGESTION: To change the flavor profile to Mediterranean, use mild Italian sausage instead of chorizo, a few red pepper flakes instead of the soaked ancho peppers, and garnish with Parmesan cheese and parsley instead of queso fresco and cilantro.



Fideo Pasta with Chorizo and Kale. Recipe on pages 83-84.