

SPAGHETTI AGLIO E OLIO

Food Network (Ina Garten)

Prepared at Trailside

We have a few Aglio e Olio recipes that are our “go-to’s”, but this, by far, is our favourite. Comfort food at its best.

Total time: 35 minutes

4 Servings

Kosher salt

1 pound dried spaghetti

1/3 cup olive oil

8 large garlic cloves cut into thin slivers

1/2 teaspoon crushed red pepper flakes

1/2 cup minced Italian parsley

1 cup freshly grated Parmesan plus extra for serving

Bring a large pot of water to a boil.

Add 2 tablespoons of salt and the pasta and cook according to the directions on the package.

Set aside 1-1/2 cups of the cooking water before draining the pasta.

Heat the olive oil over **medium heat** in a pot large enough to hold the pasta, such as a 12-inch sauté pan or a large shallow pot.

Add the garlic and cook for 2 minutes, stirring frequently, until it just begins to turn golden on the edges – **don't overcook it!**

Add the red pepper flakes and cook for 30 seconds more.

Carefully add the reserved pasta cooking water to the garlic and oil and bring it to a boil.

Lower the heat, add 1-teaspoon of salt and simmer for about 5 minutes until the liquid is reduced by about a third.

Add the drained pasta to the garlic sauce and toss.

Off the heat, add the parsley and Parmesan; toss well.

Allow the pasta **to rest off the heat for 5 minutes** for the sauce to be absorbed.

Taste for seasoning and serve warm with extra Parmesan on the side.