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I'm jonesing for a big bowl of pasta. I usually make my own and if you're so inclined bring out your pasta machine and make some angel hair. To simplify, get some vermicelli (a thin spaghetti—I like Barilla) and make this deliciously spicy seafood sauce for it. Pair with a glass of Barolo and a green salad with a balsamic vinaigrette and you've got a meal in a few minutes.

Seafood Fra Diavalo with Vermicelli

Adapted from bhg.com

Serves 4

2 Tbsp olive oil
1 medium onion, chopped
2 or 3 cloves garlic, minced
1 can (14.5-16 oz) crushed tomatoes in purée
¼ tsp red pepper flakes, or to taste
¼ c water or white wine
¼ c chopped fresh flat-leaf parsley
Salt to taste (at least ½ tsp kosher salt)
1 lb medium shrimp or langostinos, or combo, shelled
12 oz vermicelli (or homemade angel hair pasta)

1. Heat a large skillet over medium heat. Add the olive oil and onion and stir to coat. Cook (onions should sizzle not spatter, so adjust heat accordingly) until translucent, about 5 minutes.
2. Add the garlic and cook until aromatic, about 30 seconds.
3. Stir in the tomatoes, red pepper flakes, water (or wine), parsley and salt. Bring to a boil, then reduce to a simmer, cover and cook for 10 minutes to let the flavors blend.
4. Stir the seafood into the sauce, cover and cook until seafood is just cooked through and opaque, about 4 to 5 minutes.
5. Cook the vermicelli in boiling water (salt the water just as you add the pasta) according to package directions (or 2-3 minutes if cooking fresh pasta). Drain and toss with the tomato sauce and parsley. Taste and adjust seasoning as needed.
6. Divide among bowls, reserving a few pieces of seafood to use as a topping for each dish.

Shopping List: shrimp and/or langostinos (find langostinos at Trader Joes), vermicelli, parsley

Equipment Needed: Cutting board and knife, large mixing spoon, large skillet, pasta pot and colander

Pantry Staples: olive oil, crushed tomatoes, salt and pepper, red pepper flakes, garlic, onion