

# Pasta Primavera

## WITH A FRESH VEGETABLE COULIS

By Bob Skolnick Photography by Marty Snortum Studio



### Pasta Primavera with a Fresh Vegetable Coulis Serves 4

This is an excellent spring dish that can be served hot as an entrée or cold as a salad. It is colorful and tasty. The key is securing fresh ingredients and cooking them to retain their flavor and crispness.

- 24 oz Trece Del Orto - vegetable pasta\*
- 3 quarts vegetable stock
- 1 pint tomato juice
- 3oz extra virgin olive oil
- 2oz fresh basil
- 4oz freshly grated imported parmesan cheese



### Cooked Fresh Vegetable Garnish

- 4 oz broccoli florets
- 4 oz cauliflower florets
- 4 oz carrots - baby or oblong slices
- 4 oz pearl onions - peeled
- 4 oz celery hearts peeled - sliced oriental style
- 4 oz sugar snap peas
- 4 each Italian plum tomatoes (blanch to remove the skin)

### Coulis Vegetable Mixture

- ½ head small white cabbage - diced medium
- 6 oz cauliflower stems from head used to make florets
- 8 oz broccoli stems from head used to make florets
- 4 oz carrots - chopped medium
- 1 each large Spanish onion - chopped medium
- 6 oz celery stalks - peeled & diced
- 4 oz mushrooms - chopped
- 1 bulb roasted garlic
- 4 sprigs fresh oregano
- 4 leaves fresh basil

### Preparation

1. The day before you plan to serve this dish, roast a bulb of garlic. Let it cool and squeeze out the roasted cloves. Set aside.

2. Heat 2 quarts of the vegetable stock and the tomato juice to a rolling boil and add the coulis vegetable mixture. Boil until all vegetables are very soft. It should take about one hour. When done, remove from the stove and set aside to cool until warm but not scalding. In small batches, place a ladle of cooked vegetables and broth into a blender and blend on liquefy until smooth to the consistence of apple sauce. Repeat the process until all vegetables and broth are blended into the coulis. Set aside and keep warm to use with the finished pasta.

3. Heat 1 quart of the vegetable stock to a rolling simmer and season with a little granulated garlic. One by one, quickly blanch the garden vegetable garnish. Set aside each separately and cool to room temperature - let them air-cool; do not immerse them in cold water. When cooled, cover them with clear wrap. They key is to cook all of these vegetables al dente as they will continue to cook when removed from the stock.

4. When done cooking the garden vegetable garnish, add a little more stock to the cooking liquor and bring back to a boil. Use this liquid to cook the pasta al dente. Be very watchful as imported pastas, particularly flavored pastas, tend to cook quickly. Taste them periodically to ascertain the degree of doneness. When ready, remove from the stove, drain into a colander and toss with a little olive oil. Set aside to cool to room temperature.

### To Serve

To serve, toss the cooked pasta in olive oil and Parmesan cheese in a wide sauté pan until hot. Spoon the heated pasta into serving bowls. Place an ounce of each blanched vegetable garnish around the rim of the plate. Drizzle the vegetable coulis over the center of the pasta. Garnish with fresh basil.

*Buen Provecho!*

\* Trece Del Orto translates into "Braids of The Garden". This Italian twisted pasta is a mix of five flavors: spinach, basil, carrot, beet and squid ink. You can purchase it online from several specialty food stores.

Online Resources for Specialty Pastas

- Gourmet Deluxe,  
[www.gourmetdeluxe.com](http://www.gourmetdeluxe.com)
- Salumeria Italiana,  
[www.SalumeriaItaliana.com](http://www.SalumeriaItaliana.com)

**Lorenzo's**  
ITALIAN RESTAURANT

1753 E. University Ave.  
(505) 521-3505  
741 N. Alameda  
(505) 524-2850

COME MEET  
OUR FAMILY

Best Service  
Best Italian Food In Town  
Catering Available

**LORENZO'S AVANTI**  
3961 E. Loman Ave,  
Ste A  
(505) 522-7755

**NEW MEXICO FARM AND RANCH HERITAGE MUSEUM**

**MUSEUM HOURS**  
9 a.m. to 5 p.m.  
Monday through Saturday  
Noon to 5 p.m.  
on Sunday

**WHERE TO FIND US:**  
Take the University Exit (Exit 1) off of Interstate 25 in Las Cruces and go east (toward the Organ Mountains) 1.5 miles. Just follow the signs.

**Don't forget about**  
**La Fiesta de San Ysidro May 20-21, 2006**  
**& Cowboy Days October 21-22, 2006**

4100 Dripping Springs Road • Las Cruces, NM 88011 • (505) 522-4100  
New Mexico Farm & Heritage Museum is a division of the New Mexico Department of Cultural Affairs.