

TAGALITELLE with PROSCIUTTO and ORANGE

Serves 4 to 6.

By Dennis W. Viau; modified from restaurant recipe.

The pairing of prosciutto with orange interested me in this dish. The flavor benefits predominantly from the prosciutto, but the slight fruity sweetness of the orange provides a delicious accent. The original recipe didn't make enough sauce for 12 ounces of pasta; so I doubled the sauce ingredients.



Ingredients:

12 ounces (340g) tagliatelle, fettuccine, or other dry pasta
3 tablespoons butter
5 ounces (140g) thinly sliced prosciutto
Zest from one orange
Juice from two oranges
1 cup (240ml) heavy cream
Salt and freshly ground black pepper
½ cup (30g) finely grated Parmesan or Romano cheese

Directions:

In a large pot, bring water to a boil, enough to cook the pasta, adding about a tablespoon of salt to the water.

Cut the prosciutto into 1-inch (2.5cm) pieces. Heat the butter in a large skillet and add the prosciutto. Saute until the meat begins to brown and become a little crisp. Remove about a fifth of the browned prosciutto from the pan and set aside for garnish.

While the prosciutto is cooking, zest one orange and then juice both oranges, straining out the seeds.

Add the juice, zest, and cream to the prosciutto remaining in the skillet. Bring the mixture to a boil and lower the heat to simmer the sauce about one minute.

Cook the pasta until it is about 1 minute from being cooked. Drain and add to the sauce. Cook in the sauce for the final minute, turning and stirring to coat the sauce evenly. Taste and adjust for salt. Remove the skillet from the heat and gently stir in the cheese.

Plate and serve, garnishing with a little of the browned prosciutto set aside earlier. You can add a few thin slices of Parmesan for garnish as well.

The **Step By Step** guide begins on the following page.

STEP-BY-STEP

1



The prosciutto can be coarsely chopped into pieces about an inch (2.5cm) in size. Meanwhile, heat water in a large pot and begin cooking the pasta according to package directions.

2



Use a fine grater, such as a microplane grater, to remove the zest from one of the oranges.

3



Squeeze and retain the juice from the oranges, using a strainer to filter out the seeds.

4



Lightly brown the prosciutto in a skillet. When the meat has finished browning, remove and set aside about third for garnish.

5



Add the orange juice and zest to the pan.

6



Add the cream and season with a little black pepper. Bring this mixture to a boil, then lower the heat and simmer the sauce about 1 minute.

7



When the pasta is about 1 minute away from being tender, drain it, retaining a little of the water, and add the pasta to the sauce. (I'm using spinach pasta because it will look better in the photography. White sauce on white pasta doesn't photograph as well). Heat the sauce to a boil again and finish cooking the pasta in the sauce. If the sauce becomes too thick, you can add a little of the pasta cooking water or some milk to thin it.

8



When the pasta has finished cooking, adjust the sauce for salt and then remove the pan from the heat. Stir in the grated cheese and mix only enough to distribute the cheese. Mixing too much can cause the cheese to become stringy.



Plate and garnish with some of the browned prosciutto set aside earlier. A few thin slices of Parmesan can also be added. I added two homemade Italian sausages I made for an earlier video.

Conclusion

The pairing of prosciutto with orange gives this dish a delightfully refreshing flavor. It benefits from the rich flavor of the meat, but the slightly sweet and fruity accent of the orange brightens the flavor deliciously.