



“Italian Pantry”
Shopping List for the recipe:

Spaghetti con Tonno
Spaghetti with Tuna

~From the website & blog~
www.mark-leslie.net

Check your pantry for these items:

-2 tablespoons extra virgin olive oil HAVE: BUY:

-1 small onion HAVE: BUY:

-2 large cloves garlic HAVE: BUY:

-1/2 teaspoon red pepper flakes HAVE: BUY:

-1 1/2 teaspoons Kosher or sea salt HAVE: BUY:

-1/2 teaspoon black pepper HAVE: BUY:

(If you are like me, I prefer to use freshly ground black pepper, so check your pepper mill to make sure you aren't running low on black peppercorns)

RECIPE CALLS FOR:

4 cups (32 ounces) strained tomatoes [Buy 2 (26.5-ounce) cartons (such as Pomi brand)]

3 (6-ounce) cans light meat tuna, packed in olive oil. (Dark meat tuna is okay to substitute.)

1 pound spaghetti

1/4 cup chopped fresh Italian flat-leaf parsley (Buy 1 bunch)

Bottled pepper sauce (tabasco peppers in vinegar) *Optional

What can I do with the any leftover ingredients?

-Strained tomatoes. With the remaining 2 cups or so, store in an airtight container in the fridge.

- Use the remaining strained tomatoes for a quick pizza sauce by adding oregano, salt, black pepper, a little olive oil and cooking over medium heat until hot and well combined.
- For a quick lunch, I'll use the leftover strained tomatoes to make a simple sauce for pasta. *SEE* the recipe and shopping list for *Nonna's Simple Sauce* for details.
- If I am making a roast, I'll use a 1/2 cup of strained tomatoes in with the roasting meat, potatoes, onions and celery, just for a twist.

***About bottled pepper sauce:** the type of pepper sauce we used in Italy was jarred, tiny yellow peppers in vinegar. We did not use a “red” hot pepper or Tabasco brand sauce. However, you may use your favorite type of *HEAT!*

* Copyright © 2010 by Mark Leslie

From *Beyond the Pasta: Recipes, Language & Life with an Italian Family* by Mark Leslie

Published by Gemelli Press, LLC