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BIGOLI IN SALSA



Recipe

"Bigoli with sauce" is a typical dish of Veneto which, according to tradition, was prepared in the "days of lean", that is, in the days when the Catholic religion required not to eat meat, such as on Fridays.

The basis of the dish are the "bigoli", a type of pasta that can be prepared at home.

For the dough you need: 400 grams of flour and 4 eggs (doses for 4 people)



A traditional tool called "torchio" ("torcio" in Veneto) is used to make the bigoli.





In the absence of the "torchio", to get bigoli, I have sometimes managed to use a common meat grinder to which I previously removed the blades.

Of course, there are machines for making pasta at home on the market with which it is easy to make bigoli.



But to have them ready fast and easy, in Italy we can find bigoli in shops specialized in fresh pasta.



And often even in supermarkets you can find fresh packaged products.



Finally, there are also bigoli made with dry pasta in stores.



Here a video on the handcrafted preparation of bigoli:

<https://www.youtube.com/watch?v=fkCeQNh5i50>

Once you have the bigoli, preparation of the dish is simple and it takes about 15 ' + 20' for cooking.

The ingredients needed for 4 people are: an onion, 100 grams of salted sardines or anchovies, extra virgin olive oil, pepper, cinnamon, coarse salt.



First, slice the onion.



Then cut the anchovies into small pieces.

If they are salted, it is better to wash them first in running water to remove the salt.

Also prepare separately chopped parsley which will be added at the end in the dish.



In a fairly large pan, pour a little oil and the onions.

Fry 3-4 minutes over low heat.

Then pour the anchovies into the pan, stirring to melt them slowly and completely, leaving them to cook for about 10-15 '.





Halfway through cooking, add half a glass of water.

Add a pinch of pepper and cinnamon.



Put a pot with 3-4 liters of water on the stove and pour in a tablespoon of coarse salt.





When the water boils, add the bigoli.

The cooking time varies depending on the type of pasta from 7-8 'to 20' (respect the times indicated on the packages or suggested by the shopkeeper). Check when they are ready by tasting every now and then.

Drain the pasta still firm to the bite.



Pan-fry the pasta with the sauce.

Cook over high heat for 2-3 minutes,
stirring.



Pour the pasta into the plates, adding the
previously chopped parsley as a finishing touch.

Here is a video on the preparation of the "bigoli in sauce" recipe:

<https://www.youtube.com/watch?v=dhSWfRcuUNQ>

Bigoli is a dish that is always present in the menus of Venetian trattorias, but in particular in traditional “festivals” in Veneto. In some towns the feast of the “Bigoli al torcio” is celebrated annually.

<https://www.youtube.com/watch?v=YVlef1ESfwM>

