



Fregola sarda tostata al pomodoro

Recipe for Sardinian Fregola Pasta with Tomato Sauce

🔪🔪🔪 Easy 🍽️ 4 Servings ⌚ 20 min.



Fregola pasta is made by hand in Sardinia using traditional methods: The pasta dough is made from semolina. It is rolled into peppercorn-sized balls in clay bowls and, unlike other types of pasta, is not dried but roasted in the oven. This is what gives fregola its characteristic subtle roasted flavors. In this recipe, the pasta is cooked in a delicate tomato sauce. Bellissimo!

Ingredients

500 g fregola pasta
(alternatively, risoni or
couscous)
1 fresh garlic clove
2 shallots
700 ml ORO di Parma
organic strained tomatoes
in a glass bottle
200 ml water
100 g Pecorino sardo
½ bunch of parsley
1 bunch of basil
Olive oil for sautéing
Sea salt
Freshly ground pepper

Step 1: The Preparation

Start by peeling the shallots and the garlic clove, then finely chop them along with the parsley and basil. Next, sauté the garlic and shallots in plenty of olive oil over medium heat until translucent.

Step 2: Fregola Pasta

Sauté the garlic and shallots with the organic strained tomatoes from the glass bottle and bring everything to a gentle simmer. Then add 150 ml of water. Now you can add the fregola pasta to the pot. Let them simmer with the lid partially on, stirring occasionally, until they're cooked through but still al dente. Depending on the manufacturer, this takes about 10 to 20 minutes. You can always find the correct cooking time on the package.

Step 3: The Finale

Grate about 100 g of strong Pecorino Sardo while the fregola is cooking. Pecorino is a particularly flavorful hard cheese and is one of the most popular Italian cheeses. Use the Pecorino cheese, parsley, and basil to finish off the sauce for your Fregola sarda. Add the ingredients just before the end of the cooking time so that the cheese melts slightly into the pasta water. The consistency should resemble that of a classic risotto. Now season to taste with sea salt and freshly ground pepper, and your Fregola sarda is ready to enjoy. Che buono!

Used products:



Diese und weitere leckere Rezeptideen findest du auf:
www.rodiparma.de/italienische-rezepte