

Aglio e Olio

- 1 pound package uncooked [linguini](#) ^[1]
- 1/2 cup extra virgin olive oil
- 4 cloves of garlic, cut in half
- 1 red pepper, sliced
- optional: 1 tablespoon crushed red pepper flakes
- fresh, minced basil
- salt and black pepper, to taste

Prepare the pasta as per the package directions.

Meanwhile, heat the olive oil over a medium heat.

About 10 minutes before the pasta is due to come off of the stove tilt the pan to pool the olive oil, and start cooking the garlic in the oil.

After cooking the garlic for 3 to 5 minutes, add the strips of red bell pepper, and optional crushed red pepper. Keep stirring for a couple minutes, and then fish the garlic cloves out and throw away.

Scoop about a 1/4 to 1/3 cup of the starchy pasta water into the pan, stir and cook in.

When it is time to drain the pasta, do not wash the pasta -- but leave it warm and starchy, when you drop it in the pan.

Stir, and season to taste with salt and pepper.

Serves: 6 (serve with cheese)

Preparation time: 20 minutes

— [Subscriptions \(1\)](#)

©1992-2014 by Scott David Gray

Source URL: <http://kitchen.unseelie.org/node/130>

Links:

[1] <http://kitchen.unseelie.org/.227>