

THE SECRETS OF ITALIAN SAUCES FOR PASTA (СЕКРЕТИ ІТАЛІЙСЬКИХ СОУСІВ ДЛЯ ПАСТИ)

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Представлені тези доповіді про рецептуру, технологію приготування та традиції споживання пасты з особливими італійськими соусами.

Those of us without even a speck of Italian blood in our veins grow up knowing the terms Bolognese, Carbonara, and Alfredo. But there is another classic, a recent discovery for me, that everyone must add to their repertoire immediately. It is so easy and delicious and yet utterly unforgettable. I speak of the spicy, savory Amatriciana.

While most think of *sugo all'amatriciana* as a staple of Roman cooking, the dish actually originated about 90 miles northeast of Rome in a historic hilltop town called Amatrice tucked away in the mountains. While the exact history of the town's namesake sauce has many tales, there are a few things that are generally agreed upon. First of all, like most classic Italian dishes, Amatriciana is based on the ingredients that were available locally: cured pork cheek (a richer, higher-quality bacon) called "guanciale", and pecorino, Amatrice's hard, salty sheep's-milk cheese. However, this wasn't a dish of nobility; it was a dish of peasants, who typically couldn't afford herbs, garlic, or luxurious spices. Thus, Amatriciana depends on pepper for its spice, in the form of both black pepper and chili pepper.

Even tomatoes were not always involved in the making of Amatriciana; the sauce's predecessor, Gricia, is a simple combination of guanciale, pecorino, and black pepper. Sometime during the 19th and 20th centuries (yes, accounts vary *that* much), while Amatriciana was becoming famous in Rome, the recipe started involving San Marzano tomatoes as well. As for the choice of pasta, the traditionalists of Amatrice use spaghetti, creating the dish *spaghetti all'amatriciana*. In Rome, bucatini became popular, hence the prevalence of *bucatini all'amatriciana* in many a trattoria. Some have even adapted the sauce into a pizza version, using only classic ingredients.

When it comes to preparing *pasta all'amatriciana*, remember: Simple is better. There are many opinions about ingredients when it comes to preparing the dish today, and many chefs choose to add onion or garlic.