

Cavatelli with Marinara

By Chef Emily Larsen, Spilling the Soup

Makes 4 Servings

Cavatelli

2 cups Semolina Flour

$\frac{3}{4}$ cup Warm Water

1 Tbsp Salt (for pasta water)

Marinara Sauce

2 Tbsp Butter (sub olive oil)

1 medium Yellow Onion

3 cloves Garlic

1 28 oz can of Whole Tomatoes (sub crushed tomatoes)

2 tsp Italian Seasoning (sub dried oregano or basil)

.25-.5 oz Fresh Basil

Equipment

Clean Countertop or Silicon Baking Mat

Fork

Butter Knife

Cutting Board and Sharp Knife

Large Pot

Medium Skillet

Wooden Spoon

Directions

Step 1: Make the Dough

Pour your 2 cups of semolina flour into a mound on your workspace. Using your fingers, make a well in the center. Pour the $\frac{3}{4}$ cups of warm water into the well. Run a fork around the inside of the well to gently incorporate the flour into the water. Use your hands to gather the crumbly bits to shape into a dough. The dough will be very crumbly and grainy, this is normal!

Step 2: Knead the Dough

Transfer your dough into a clean work surface and knead until a smooth dough is formed. This will take about 5 minutes. It should feel slightly tacky. Wrap the dough in plastic wrap and let rest on the counter for 10-30 minutes.

If the dough is dry (crumbly), add a spoonful of water.

If it is too wet (sticky), dust it with flour

Step 3: Knife Work

Dice the onion and mince the 3 cloves of garlic. At this time, fill a large pot up halfway with water and add a tablespoon of salt. Cover this pot and place it over high heat to come to a boil.

Step 4: Sauté the Aromatics

Melt the butter in a medium skillet over medium-low heat and add the diced onion to that. Stir and let cook for 2-3 minutes. Then add the minced garlic and sauté for an additional minute.

Step 5: Simmer the Sauce

Add the can of whole tomatoes including the juices. Add the 2 teaspoons of Italian Seasoning. Let the tomato mixture simmer in the skillet for 30 minutes. Stir from time to time, mashing up the tomatoes with the back of a wooden spoon.

Step 6: Shape the Cavatelli

Cut the dough into 8 pieces. Work with 1 piece at a time, covering the rest with a damp paper or kitchen towel to stop them from drying on. Roll a piece out into a snake that is about half as thick as your index finger. Cut the snake into 1-inch segments. Put the blade of the butter knife onto a segment of the dough and pull back towards you so the dough flattens and curls around the knife blade. Gently remove the dough from the knife and repeat until you are out of dough segments. Place your completed pasta pieces on a clean segment of counter or baking sheet. Repeat with the remaining pieces of dough.

Step 7: Cook the Pasta

Put your cavatelli into the pot of salted, boiling water. Cook for 4 minutes. Drain the pasta and add the pasta to the skillet with the marinara sauce.

Step 8: Garnish and Serve

Toss the gnocchi in the sauce and put into bowls. Chiffonade the basil and put on top the cavatelli. Enjoy!