

Alessandro Pavoni's Frittata di Spaghetti



Preparation time: 35 mins

Serves: 2 people

User Rating: ★★★★★

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Chef & restaurateur **Alessandro Pavoni** invited us into his home kitchen earlier this month to watch the magic he creates when cooking with his daughter Jada.

Like many an Italian before him, his love of cooking was inspired by his grandmother, who he says *'used to cook a meal for the whole family every Sunday. And what I noticed was that she was giving emotion to the family, and I always thought to myself, I want to be able to give emotion to people. It's an art form. It's similar to music - because with music you can actually give emotion. And if you can do that with cooking, you're doing the right thing.'*



Ingredients

- 5 eggs
- 150g uncooked spaghetti (or 300g of cooked spaghetti)
- 200g raw finely sliced onion
- 75ml extra virgin olive oil (EVOO)
- Salt

Method

1. Use half of the oil to cook the onion for 10-15 mins on a low heat. You want a 'jammy' consistency, you're not looking for colour on the end result. Strain away the EVOO and keep it for later.
2. Cook the pasta (a little bit over what the packet says), then strain it. Put in a bowl with a little EVOO and put in the fridge to cool down. Roughly chop 2-3 times with a pair of scissors. **Tip:** *Use 10g of salt per 1litre of water for the perfect salinity when cooking pasta.*
3. Crack eggs in a bowl, add salt, whisk with a fork, add cooked onion and cooked pasta.
4. Add EVOO to the frypan, when oil is hot, add the egg & pasta mixture on a medium heat.
5. Mix the middle gently, then as it starts to solidify, use a spatula to gently pull away the edges. It will start to take on the 'shape' of the frypan. Fry for a few more minutes.
6. Take an oiled plate, turn the frittata onto the plate upside down from the fry pan, then gently slide it back into the frypan on the opposite side.
7. As the other side is now cooking, keep an eye on the edges and continue to gently pull away the edges with a spatula as needed. Maintain the shape. When there's a little colour but it's still a little wobbly in the middle take it off the heat.
8. Pop it on your plate to serve - it's nicest to serve with the brownest side facing up.
9. Buon appetito!

Notes

- You could easily add crab meat, chives and veggies to the cooked pasta to add more flavour to the meal.
- Alessandro recommends serving with a simple crunchy side salad.