

Being of Sicilian heritage, and having lived in Italy, tomatoes have long been my favorite food. My Nonno proudly presented the family with his sun-kissed, sweet, juicy, irregularly shaped tomatoes, grown with love each summer, and we ate them like candy. However, the word “tomato” often seems to be used too loosely.

Don't people realize that the perfectly round, slightly unripened, flavorless versions found in a supermarket are far removed from what a tomato is meant to be? Hopefully, with the current trend of appreciating local food, more members of the community joining CSAs and shopping at farmer's markets, the true taste of the tomato will be rediscovered! Funny enough, even with all my travels to Italy, the best tomato I've ever had came from Brookwood Farm, a working farm and education center in my hometown of Milton Massachusetts. This recipe I invented was inspired by my favorite cherry tomatoes of Brookwood, and other seasonal vegetables from the farm. In the end, I created a dish that is new, light, and fresh.

• *Laura's Pasta al Pomodoro e Zucchini* •

Ingredients

1 cup of organic extra virgin olive oil (I recommend Monini Fruttato)
1 small fresh hot pepper, or ½ teaspoon of dried pepper flakes
2 teaspoons of organic local honey
6 scallions from Brookwood Farm
2 shallots from Brookwood Farm
2 pints total of yellow Sungold, and Red Supersweet 100, cherry tomatoes from Brookwood Farm
6 zucchini from Brookwood Farm (Spineless Green, yellow Sebring, and Kousa, 2 of each)
3 cups of Arugula
1 cup of plain pistachios
3 tablespoons of pink Himalayan sea salt
1 cup of dry rosé wine from Esprit du Vin in Milton, MA!
1 package of farfallone-shaped pasta (I highly recommend Rustichella d' Abruzzo brand)

Directions

1. Bring a large pot of water to boil with 2 tablespoons of gross Himalayan sea salt
2. Grind the pistachios in a food processor and put aside
3. Slice the scallions, shallots, and pepper finely
4. Heat up the olive oil, add the hot pepper, scallions and shallots to a frypan, and cook on medium heat until translucent; then add honey and cook again until caramelized
5. Cut the zucchini twice lengthwise until quartered and then into 1-inch slices
6. Add the zucchini to the pan and sauté 5 minutes, adding salt and pepper to taste
7. Half the cherry tomatoes and add to the pan and cook down with the rosé wine
8. Drop the pasta into the salted water
9. Once the pasta is “al dente” , turn off the burner on both the pasta and the sauce
10. Drain the pasta well and then return to the big pot, mix in the sauce, and toss with the fresh arugula, until the arugula is slightly wilted.
11. Plate the pasta in a bowl, sprinkle ground pistachios on top, drizzle with extra virgin olive oil, and serve with a dry rosé wine

BUON APPETITO!

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