

# 7 Iconic Pasta Recipes



2025

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## Spaghetti Aglio e Olio

This pasta was known as the "midnight pasta" (la pasta di mezzanotte). Fishermen returning late or workers after long shifts could whip it up in minutes from pantry staples. The simplicity was born not from elegance, but from necessity, making it a symbol of Italian resourcefulness.

### Ingredients (serves 2):

- Spaghetti - 200 g
- Olive oil - 4 tablespoons
- Garlic - 4 cloves (thinly sliced)
- Chili pepper - 1 (or a pinch of dried)
- Parsley - a few sprigs (optional)
- Salt - to taste

### 👨‍🍳 Preparation

1. Cook the spaghetti in salted water until al dente. Heat olive oil, garlic cloves, and chili pepper in a frying pan. Sauté over medium heat until the garlic is golden (be careful not to burn it!).
2. Add the cooked spaghetti to the pan and toss with the oil and garlic.
3. Sprinkle with parsley and serve immediately.

### Impressions:

- This dish is the perfect example of Italian simplicity. Garlic and chili pepper create a rich flavor, while olive oil adds a delicate touch. Quick, delicious, and minimalist!



## Pasta Carbonara (Rome, Lazio) (Caprese)

This pasta was known as the "midnight pasta" (la pasta di mezzanotte). Fishermen returning late or workers after long shifts could whip it up in minutes from pantry staples. The simplicity was born not from elegance, but from necessity, making it a symbol of Italian resourcefulness.

### Ingredients (for 4 pizzas Ø 30 cm):

- Spaghetti - 200 g
- Guanciale or pancetta - 100 g (diced)
- Eggs - 2 pcs.
- Hard cheese (Pecorino Romano or Parmesan) - 50 g (grated)
- Black pepper - to taste
- Salt - to taste

### 👨‍🍳 Preparation

1. Cook the spaghetti in salted water until al dente.
2. Fry the guanciale in a frying pan until crisp.
3. In a bowl, add the eggs, cheese, and black pepper.
4. Add the cooked spaghetti to the pan with the guanciale and remove from the heat.
5. Pour in the egg mixture and stir quickly to prevent the eggs from flipping.
6. Serve immediately, sprinkled with additional cheese and pepper.

**Specialty:** Carbonara is a Roman classic, where guanciale and eggs create a rich, creamy flavor. Pasta Carbonara (Pasta alla Carbonara) is one of the most famous dishes of Roman cuisine and the pride of the Lazio region. The rich flavor of pecorino, the taste of gucciala, and the creaminess of the sauce without the addition of cream—all of this truly substantiates the first impression. Carbonara is loved by both locals and tourists who want to capture the true spirit of Rome.

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## Pesto Pasta (Genoa, Liguria)

Pesto originates in Liguria. It was here, in the vicinity of Genoa, that this famous sauce originated many centuries ago. The name "pesto" comes from the Genoese word "pestâ," meaning "to pound" or "to crush," as all the sauce ingredients were traditionally ground in a marble mortar with a pestle.

### Ingredients (serves 2):

- Treniette or spaghetti - 200 g
- Basil - 50 g
- Pine nuts - 30 g
- Garlic - 1 clove
- Olive oil - 100 ml
- Hard cheese (Parmesan or Pecorino) - 50 g (grated)
- Salt - to taste

### 👨‍🍳 Preparation

1. In a blender, puree the basil, pine nuts, garlic, and cheese.
2. Pour in the olive oil to create a thick sauce.
3. Cook the pasta until al dente.
4. Add the pesto sauce to the pasta.
5. Serve garnished with basil leaves and sprinkled with cheese.

**Worldwide Spread:** Thanks to its simplicity and delicious flavor, pesto pasta quickly gained popularity worldwide. Today, it can be found in restaurants and shops worldwide, and is also easy to make at home.

Pesto pasta is more than just a dish; it's a true work of art that reflects the culture and traditions of Liguria. Try real pesto pasta, and you'll surely fall in love with this explosion of flavor and aroma!

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## Pasta con le Sarde (Catania, Sicily).

Pasta con le Sarde is called the "Sicily's Sweet and Salty Symphony." It originated in Palermo as a dish of Arab-Norman cuisine. Legend has it that it was created by the chef of the Byzantine general Euthymius in the 9th century, using local sardines, wild fennel, and raisins.

### Ingredients (serves 2):

- Bucatini or spaghetti - 200 g
- Fresh sardines - 300 g (fillets)
- Wild fennel (or fennel stalks) - 100 g
- Raisins - 30 g
- Pine nuts - 20 g
- Anchovies in oil - 3 fillets
- Saffron - 1/2 tsp
- Olive oil - 50 ml
- Breadcrumbs - 2 tbsp

### 👨🍳 Preparation

1. Base: Toast breadcrumbs in a dry frying pan until golden brown.
2. Soak raisins and saffron in warm water.
3. Sauce: Fry anchovies in butter until dissolved.
4. Add chopped fennel and simmer for 10 minutes.
5. Add sardines, raisins, nuts, and saffron and cook for 5 minutes.
6. Pasta: Boil bucatini in water with fennel stalks.
7. Toss with sauce and sprinkle with crispy breadcrumbs.

**Important:** Wild fennel can be replaced with 1 teaspoon of seeds and celery stalks.

**Vegan version:** Use artichokes instead of fish.

**Tip:** Serve with the local Grillo wine—its citrus notes are perfect for this dish.

**Specialty:** An unexpected balance of sea and mountain—the sweetness of the raisins, the saltiness of the fish, and the aroma of the fennel. If the sardines are too bony, use fillets.

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## Pasta with Truffles (Piedmont)

Pasta with truffles is more than just a dish; it's a symbol of luxury and sophistication, a hallmark of the Piedmont region in Italy. The aroma of truffles is something special, unmistakable. The flavor of truffle pasta is an example of how simple ingredients can create a dish of incredible power and fiery intensity.

The dish requires no additional additives; just a hint of the flavor can overpower the natural flavors.

### Ingredients (serves 2):

- Spaghetti or tagliatelle - 200 g
- Black or white truffles - 30 g (grated)
- Butter - 50 g
- Hard cheese (Parmesan) - 30 g (grated)
- Salt and pepper - to taste

### 👨‍🍳 Preparation

1. Cook the pasta until al dente.
2. Melt the butter in a frying pan, add the pasta, and toss.
3. Sprinkle with grated truffles and cheese. Serve immediately, garnish, and top with truffle slices.

**Specialty:** The use of truffles in cooking dates back to ancient times. Even the Romans prized truffles for their flavor and aroma. Piedmont became the center of the truffle industry in Italy thanks to its favorable climate and rich soil. Truffles are often called "black diamonds" due to their high price and culinary value.

The secret to finding precious white truffles isn't technology, but a well-trained dog... or pig! Female pigs (sows) are naturally attracted to the truffle's aroma, which mimics a sex hormone of the male pig. However, because they love to eat the truffles, dogs are now the preferred hunters.

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## Seafood Pasta (Naples, Campania)

At first, seafood pasta was a simple and hearty dish, cooked with fish using whatever ingredients they could find at sea. Today, seafood pasta is one of the most famous and beloved dishes of Neapolitan cuisine, found in any restaurant or on a guide.

### Ingredients (serves 2):

- Spaghetti - 200 g
- Mussels - 100 g
- Shrimp - 100 g
- Garlic - 2 cloves (minced)
- Tomato sauce - 200 ml
- Olive oil - 3 tbsp
- Parsley - a few sprigs (minced)
- Salt and pepper - to taste

### 👨‍🍳 Preparation

1. Fry the garlic in olive oil, add the seafood ingredients, and simmer for 5 minutes.
2. Add the tomato sauce and simmer for another 10 minutes.
3. Cook the spaghetti until al dente.
4. Add the pasta and sauce.
5. Serve sprinkled with parsley.

**Specialty:** Pasta with seafood is a vibrant and delicious dish that is one of the symbols of Naples and the Campania region. This is a true feast for the senses, where the freshest seafood is harmoniously combined with pasta, creating an unforgettable culinary experience.

In Naples, you'll never find cheese served with seafood pasta. It's the ultimate culinary sin! The belief is that the salty, umami-rich flavor of cheese completely overpowers the delicate taste of the sea. This rule is so ingrained that asking for Parmesan could cause a friendly but firm lecture from the chef.

If you visit Naples, be sure to try authentic seafood pasta; you'll fall in love with this flavor forever!

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## Pasta with Artichokes (Pasta ai Carciofi).

Artichokes are one of the most refined and ancient ingredients in Italian cuisine. Their history dates back to antiquity: the Romans considered them a delicacy and a symbol of wealth. Today, artichokes are especially popular in Rome and Sicily, where they are prepared in a wide variety of ways. Pasta with artichokes is a delicate, flavorful dish that combines the earthy flavor of artichokes with bright notes of lemon and garlic.

Pasta with artichokes is a dish that surprises with its tenderness and refinement. The artichokes impart a slight bitterness to the pasta, which perfectly complements the lemony freshness and creamy texture. This dish evokes sunny Italian days, where every meal is a small celebration.

### **Ingredients (serves 2):**

- Pasta (fettuccine or spaghetti) - 200 g
- Artichokes - 4 (peeled and chopped)
- Garlic - 2 cloves (crushed)
- Lemon - 1 (juice and zest)
- Olive oil - 4 tbsp
- White wine - 100 ml
- Cream - 100 ml (optional)
- Hard cheese (Pecorino Romano or Parmesan) - 50 g (grated)
- Parsley - a few sprigs (chopped)
- Salt and pepper - to taste

### **👩‍🍳 Preparation**

1. Preparing the artichokes: Remove the tough outer leaves from the artichokes. Cut off the top third of the artichoke and remove the core. Place the slices on the artichokes and immediately sprinkle with lemon juice to prevent browning.
2. To fry the artichokes: Heat the olive oil and garlic cloves in a frying pan and fry until fragrant.
3. Add the artichokes and sauté for 5 minutes.
4. Pour the wine into the white wine and cook until the liquid is reduced by half.
5. Add the cream (if using) and simmer for another 5 minutes.
6. To prepare the pasta: Cook the pasta in salted water until al dente.
7. Add the pasta to the pan with the artichokes and stir.
8. Podcast: Sprinkle with grated cheese, parsley, and lemon zest.
9. Serve immediately, garnish with a lemon wedge.

In Rome, there's a famous saying: "Con un carciofo alla romana e un bicchiere di Frascati, si fa la pace con il mondo intero" — "With a Roman-style artichoke and a glass of Frascati wine, you make peace with the whole world." The artichoke is a symbol of hope and the arrival of spring in Roman cuisine.

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