

FoodSense with Chef Feker

Chef Feker's Capelli D'Angelo Primavera

This dish is a perfect reflection of trattoria cooking. No camouflaging here; I use nature and the highest quality ingredients as my guide. Try a Sauvignon Blanc with this one. This dish is angel hair pasta tossed with an ingredient-based sauce of artichoke, asparagus, peas, tomatoes and basil, complemented with arugula, spinach, E.V.O.O and sliced garlic.

~Chef Michael Feker

CAPELLI D'ANGELO PRIMAVERA

Serves: 4

Ingredients

1 small can of artichokes, rinsed and cut into pieces
2 oz frozen peas
4 Roma tomatoes, diced
4 cloves of garlic, crushed
2 oz extra virgin olive oil, divided in half
4 oz fresh basil cut by hand
½ lb fresh baby spinach leaves
½ lb baby arugula
1 lb angel hair pasta
1 bunch asparagus, touch ends removed and cut into three equal-sized pieces
Sea salt and fresh cracked pepper to taste

Directions

Bring a large eight quart pot of water to a boil.

Meanwhile, heat two ounces of the extra virgin olive oil in a large pan and sauté the first four ingredients on medium high for four minutes or until the garlic turns golden brown. Set aside.

Once the water comes to a boil, add enough salt so the water tastes like the water of the sea.

Place pasta in the water and cook for about four minutes, stirring the pasta after two minutes. Do a taste test after three minutes and one minute before you feel the pasta is ready, throw the asparagus in the pasta and cook together and strain but not fully.

Add the pasta and two ounces of the pasta water to the sauté pan. Add the spinach, arugula and the remaining olive oil and toss. Serve and be Fekerized.

About Chef Michael Feker

Michael Feker is a passionate man who spreads that passion and joy of cooking and eating healthy meals through his roles as chef, restaurateur, television personality, culinary schoolteacher, culinary director and consultant, caterer, and cooking demonstration chef. Meet Chef Feker at cheffeker.com and learn about his two restaurants, Zesti and Il Mito.

Download this recipe and many more at: ellenbecker.com/weekly-foodsense-recipes.

Subscribe to our Thursday emails by emailing info@ellenbecker.com.



Advisory services offered through Ellenbecker Investment Group, Inc. (EIG), a Registered Investment Advisor. EIG does not provide tax or legal advice; please consult your tax or legal advisor regarding your particular situation. Diversification and asset allocation do not guarantee positive results. Loss, including loss of principal may result.

