

Seafood Linguine

This is one of the family favourites. It is taken from Rick Stein's cookbook "From Venice to Istanbul".

Rick Stein is a UK Chef with restaurants in Cornwall, in the southwest of England and in Sydney, Australia.

Like many of his colleagues, he combines travelling with cooking and then produces a cookbook and a TV series. Personally, I find his recipes easy to follow and very tasty. I don't follow his seafood linguine to the letter. In it he uses a wide range of shellfish. I simply use prawns. But the secret of this recipe lies in the sauce. It is really important that you buy prawns still with their shells.

Bought pasta is something of a no-no at home. I have been making my own pasta for about 25 years. Not a week goes by when we don't have a spaghetti dish at home.

Ingredients

60 ml olive oil
2 cloves garlic
a box of prawns with shells
2 tbsp tomato paste
300 ml water.
2 handfuls cherry tomatoes, halved
10 turns of black peppermill.
Handful of flat-leaf parsley roughly chopped.

Method

Heat half the olive oil in a pan, add the garlic and the prawn heads and shells and fry over a high heat for 5 minutes, turning them from time to time. Add the tomato paste and water, simmer with the lid on for 10 minutes. Then use a stick blender to blitz the mixture. Pass through a sieve and reserve.

Cook the linguine (or spaghetti) in plenty of salted boiling water until al dente.

Wipe out the pan and add the rest of the olive oil and fry the prawns over a high heat for a few minutes. Add the prawn sauce and a little water. Bring to the boil with the lid on.

Add the well-drained pasta along with the parsley and toss well together. Serve immediately.