

Pasta

Bow Ties and Brussel Sprouts
Bow Ties with Lemon Cream and Pepper
Fettuccine with Lavender Mascarpone
Fettuccine with Creme Fraiche, Lemon and Parsley
Green Fettuccine and Mascarpone
Fettuccine with Onions and Herbes de Provence
Fettuccine with Oregano Cream
Fettuccine with Red Peppers, Mushrooms and Creme Fraiche
Fettuccine with Pesto and Creme Fraiche
Fettuccine with Fresh Tomatoes and Dill Cream
Linguine with Brussel Sprouts
Poppy Seed Noodles
Jeanette's Saffron Creme Fraiche Rice
Creme Fraiche and Sweet Pepper Pizza

INTRODUCTION

Pasta and creme fraiche are a natural. The two together with a little lemon juice or Parmesan cheese makes an excellent, satisfying meal. I especially like to mix fresh herbs with creme fraiche. Let the herbs scent the creme fraiche for a time; then dress hot pasta with this sauce. It is a simple and wonderfully aromatic meal.

Creme fraiche (or mascarpone) should be at room temperature when you dress the pasta. If it is cold, it will cool the pasta.

BOW TIES AND BRUSSEL SPROUTS

SERVES 4

I have served this dish sans pasta as a main course vegetable dish. It is superb.

1 lb bow ties
24 Brussel sprouts
1 tbs butter
2 tbs olive oil
1 slice smoky bacon
3 cloves garlic, minced
4 tbs creme fraiche
6 oz fresh goat cheese

1. Cook the pasta al dente.
2. Meanwhile, steam the Brussel sprouts until tender crisp. Put them into a colander to cool.
3. Melt the butter and olive oil in a skillet. Add the garlic, and saute for 2 to 3 minutes.
4. Cut the bacon into 1/4 inch slices. Add to the skillet.
5. Cut the Brussel sprouts in half, and add to the skillet. Saute for 5 minutes turning often.
6. Add the creme fraiche. Turn to coat the sprouts with the creme fraiche.
7. Crumble the goat cheese over the sprouts. Cook and turn the sprouts until the goat cheese has melted into the sauce.

8. Pour the sprouts over the hot pasta and toss to coat the pasta with the sauce.

Serve with a glass of white wine.

BOW TIES WITH LEMON CREAM AND PEPPER

SERVES 4

This dish is yet another example of the ability of creme fraiche to deliver flavors just the way you want them. The creme fraiche mellows the lemon without diminishing its freshness.

1 lb bow ties (farfalle) pasta

1 cup creme fraiche

juice of one lemon

zest of one lemon

freshly cracked black pepper

1. Remove the creme fraiche from the refrigerator and allow to come to room temperature.
2. Cook the pasta al dente.
3. Meanwhile, add the lemon juice and zest to the creme fraiche.
4. Drain the pasta and add the creme fraiche mixture to the hot pasta. Mix well to coat the pasta.
5. Serve with a sprinkling of freshly cracked black pepper.

FETTUCCHINE WITH LAVENDER MASCARPONE

SERVES 4

This dish should be served with Champagne. The combination of the sweet aroma of lavender, the pungency of pepper and the bubbly coolness of Champagne is a delight. (Note: be sure that the mascarpone is at room temperature when you dress the pasta.)

1 lb fettuccine

1 cup creme fraiche

1 tbs dried lavender blossoms

coarsely ground black pepper

1. Several hours in advance, mix the lavender into the creme fraiche.
2. Make the lavender mascarpone: Put the creme fraiche to drain in a muslin-lined colander. Leave to drain at room temperature for 2 hours. Scrape the bag occasionally to speed draining.
3. Cook the fettuccine al dente.
4. Drain the fettuccine. Break the mascarpone into chunks and lightly mix into the hot fettuccine.
5. Serve immediately. Pass coarsely ground black pepper.

FETTUCCHINE WITH CREME FRAICHE, LEMON AND PARSLEY

SERVES 4

This is a simple but outstanding summer pasta.

1 lb fettuccine

1 cup creme fraiche

juice of 1/2 lemon
zest of 1/2 lemon, minced
4 tbs chopped parsley
grated Parmesan cheese

1. Cook the fettuccine al dente.
2. Mix together creme fraiche, lemon juice, zest and parsley.
3. Pour over the hot pasta and mix well.
4. Pass the Parmesan cheese.

GREEN FETTUCCINE AND MASCARPONE

Serves 4

1/2 cup mascarpone at room temperature*
1 lb spinach fettuccine
8 tbs pesto, made with pine nuts
1/4 cup grated Parmesan cheese

*Creme Fraiche Mascarpone is in the Auxiliary Recipes.

1. Cook the fettuccine al dente.
2. Warm the pesto just to bubbling.
3. Spoon the pesto over the hot fettuccine. Mix well.
3. Break chunks of mascarpone into the hot fettuccine. Mix lightly.
4. Serve when the mascarpone is partially melted. Top with Parmesan cheese.

FETTUCCINE WITH ONIONS AND HERBES DE PROVENCE

Serves 4

1 lb fettuccine
3 onions thinly sliced
2 tbs olive oil
3 oz fresh goat cheese
3 oz Swiss cheese, shredded
1 cup creme fraiche
1-1/2 tbs herbes de Provence
1 tsp black pepper

1. Cook the fettuccine al dente.
2. Meanwhile, saute the onions slowly in the olive oil until translucent.
3. In a bowl, mix together the cheeses, creme fraiche, herbes de Provence and pepper.
4. Pour the cheese mixture over the cooked onions and mix well. Pour this over the hot fettuccine.
5. Serve at once.

FETTUCCINE WITH OREGANO CREAM

Serves 4

1 lb fettuccine
1 cup creme fraiche
2 tbs minced fresh oregano
juice of 1 small lemon

cracked black pepper
Parmesan cheese, grated

1. At least two hours in advance (preferably more), add the minced fresh oregano to the creme fraiche. Leave at room temperature so that the oregano can scent the creme fraiche.
2. Cook the pasta al dente.
3. Stir the fresh lemon juice into the creme fraiche.
4. Drain the fettuccine and immediately dress it with the creme fraiche mixture.
5. Serve at once. Pass cracked black pepper and generous amounts of grated Parmesan.

A chilled white wine is very nice with this dish.

FETTUCCHINE WITH RED PEPPERS, MUSHROOMS AND CREME FRAICHE

Serves 4

1 lb Fettuccine
4 large red sweet peppers
1/2 lb fresh mushrooms
3 shallots
1 large clove garlic
1/4 cup olive oil
3 tbs butter
1/2 cup creme fraiche
1/4 cup grated Parmesan cheese
2 oz fresh goat cheese

1. Cut the peppers into 1/4 inch strips.
2. Wash, trim and slice the mushrooms.
3. Cook the fettuccine al dente.
4. Heat 1/4 cup olive oil and 1 tablespoon butter to bubbling. Add the shallots and garlic. Saute for 1 minute.
5. Add the peppers, saute with the garlic and shallots until tender crisp.
6. Meanwhile, saute the sliced mushrooms in 2 tablespoons butter until they release their liquid.
7. Add the mushrooms to the peppers. Mix well.
8. Add the creme fraiche. Mix well and continue to heat until the ingredients are well combined.
9. Pour the sauce over the hot fettuccine. Top with grated Parmesan cheese. Crumble fresh goat cheese on each serving.

FETTUCCHINE WITH PESTO AND CREME FRAICHE

SERVES 4

Creme fraiche mixed with pesto mellows and smooths its flavor. The creaminess of the creme fraiche makes the sauce cling to the pasta in a way that pesto alone does not.

1/2 cup pesto
1 cup creme fraiche

1 lb fettuccine
1/4 cup grated Parmesan cheese

1. Cook the pasta al dente.
2. Mix the pesto with the creme fraiche. Heat over medium heat until blended and warm.
3. Mix the sauce and cooked pasta. Top with Parmesan cheese.

FETTUCCINE WITH FRESH TOMATOES AND DILL CREAM

SERVES 4

1 lb fettuccine
1 tbs dill
1 cup creme fraiche
6 vine ripe tomatoes
3 tbs finely minced sweet red onion
1 oz fresh goat cheese
cracked black pepper

1. Several hours in advance, mix the dill into the creme fraiche. Leave at room temperature to let the dill scent the creme fraiche.
2. Slice the tomatoes; put them in the creme fraiche-dill mixture. Coat the tomatoes well with the sauce.
3. Cook the fettuccine al dente; then drain. Immediately mix with the tomato sauce.
5. Distribute the red onions and crumbled goat cheese over the pasta. Sprinkle lightly with black pepper, and serve.

LINGUINE WITH BRUSSEL SPROUTS

SERVES 4

For those who have a warm spot in their heart for Brussel sprouts.

1 lb linguine, cooked al dente
1 lb Brussel sprouts
2 tbs olive oil
2 tbs butter
1/2 cup creme fraiche
salt and pepper
2 tsp caraway seeds
6 mushrooms, sliced
Parmesan cheese
fresh goat cheese

1. Cook the fettuccine al dente.
2. Trim and steam the Brussel sprouts until tender crisp. Cut into quarters and saute in a heavy skillet with olive oil, butter and sliced mushrooms. When the Brussel sprouts are tender, pour on the creme fraiche. Heat to bubbling, add the caraway seeds and season with salt and pepper.
3. Top the hot pasta with the Brussel sprout sauce; mix to coat pasta. Top with Parmesan cheese. Crumble fresh goat cheese over each serving.

POPPY SEED NOODLES

SERVES 4 AS A SIDE DISH

1/2 lb egg noodles
6 tbs creme fraiche
1 tbs poppy seeds

1. Cook the noodles al dente. Drain.
2. Add the creme fraiche to the hot noodles. Mix well to coat the noodles.
3. Just before serving, sprinkle the noodles liberally with poppy seeds.

JEANETTE'S SAFFRON CREME FRAICHE RICE

SERVES 4

To the lovely French woman at Safeway, thank you.

1 cup creme fraiche
1 cup white rice
2 cups water
1 tbs saffron threads
salt and pepper to taste
1 cup dry white wine

1. Mix the saffron threads, salt, pepper and creme fraiche. Set aside.
2. Add the rice to cold water. Bring to a simmer and cook, uncovered, for 5 minutes.
3. Stir in the creme fraiche-saffron mixture.
4. Add the wine. Mix well.
5. Place the mixture in a casserole dish and bake in a 350 degree F oven for 25 to 30 minutes or until the rice is cooked.

CREME FRAICHE AND SWEET PEPPER PIZZA

Make this when red and yellow sweet peppers are in abundance.

1 thin pizza crust
1 red sweet pepper
1 yellow sweet pepper
2 slices smoky bacon
1 tbs olive oil
8 cloves garlic
4 oz fresh chevre
1/2 cup shredded mozzarella
1 tbs fresh oregano
1/2 cup creme fraiche

1. Prepare the pizza crust.
2. Core and clean the peppers; slice into julienne strips. Peel the garlic; leave whole.
3. Cut the bacon into 1 inch pieces. Place in a heavy skillet and render its fat for a minute or two.
4. Add the olive oil, garlic and peppers. Cover the pan and saute until the

peppers are tender crisp, about 10 minutes.

5. After the peppers have cooked, crumble the goat cheese over them and turn to mix well.
6. Spread the creme fraiche over the top of the pizza.
7. Distribute the pepper-cheese mixture over the pizza.
8. Distribute the mozzarella over the pizza.
9. Bake on the top rack of a 450 degree F oven for 10 minutes.