

Recipe

PENNE WITH HERB & TOMATO SAUCE

By

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Ingredients

Penne pasta.....200gms
Tomatoes..... 8 medium sized
Celery..... ½ stalk
Capsicum..... 1 medium sized
Fresh basil..... a few leaves
Olive oil..... 1 tbsp
Bay leaf..... 1

Vegetable stock..... 2 cups
Butter..... 1 tbsp
Whole wheat flour..... 2 tbsp
Skimmed milk..... 1 cup
Salt..... to taste
Pepper powder..... 1 tsp
Mixed dry herbs..... 2 tsps

Preparation

1. Boil penne pasta in three to four cups of water. Do not overcook. Drain, rinse in cold water. Drain and keep aside.
2. Wash and roughly chop tomatoes. Trim, wash the celery and roughly chop. Wash, halve deseed and cut capsicum into half inch sized pieces. Wash basil leaves and keep them in cold water to be used for garnishing.
3. Heat olive oil in a pan and add bay leaf and sauté till translucent. Add celery, and stir-fry for two or three minutes. Add tomatoes and sauté. Add vegetable stock and cook on high heat for ten minutes, stirring occasionally.
4. Reduce heat and simmer for about five minutes. Remove from heat and cool. Puree tomato mixture in a blender.
5. Heat butter in a pan. Add whole wheat flour and cook on medium heat for two to three minutes, stirring continuously. Add skimmed milk, a little at a time, and stir continuously to avoid lumps.
6. Cook on low heat till you get a thick sauce. Season with salt and pepper powder. Stir in pureed tomato sauce, capsicum and boiled penne pasta.
7. Heat thoroughly; add mixed dried herbs and serve hot garnished with basil leaves.

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