



HEALTHY ST. PETE

Episode 5: Food + Art

Deputy Mayor Kanika Tomalin and MFA Editor of Food + Art Toni Lydecker teach us how to make a Key Lime Pisco Sour Cocktail, along with local artist Maria Saraceno cooks her home town favorite Orecchiette With Broccoli Rabe - the true Italian way.

Orecchiette with Broccoli Rabe Ingredients:

- ½ cup extra virgin olive oil
- 4 large garlic cloves finely chopped
- 5 anchovy fillets packed in olive oil
- Sea salt
- 1 pound orecchiette pasta
- 1 bunch broccoli rabe, cut in small pieces (stems and leaves included)
- ½ grated Pecorino Romano or Parmigiano Reggiano cheese
- Red pepper flakes

Heat oil in a small skillet over medium heat. Sauté garlic until golden. Add anchovies and cook for a few more minutes until they are easily broken up with a spoon.

Fill a large saucepan with 2/3 full water. Add 2 tablespoons salt and bring to a boil. Throw in pasta and stir well. When pasta is halfway cooked (about 6 minutes) add the broccoli rabe. Continue cooking until pasta is al dente and broccoli rabe is tender.

Strain pasta and broccoli rabe, reserving about 1 cup cooking liquid. Return pasta and broccoli rabe to saucepan and stir in seasoned olive oil. Toss well, adding a little of the reserved pasta water if needed for a saucy consistency. Mix in cheese and season with red pepper flakes, and if needed a little salt.

Pisco Sour Cocktail Ingredients:

- 3 ounces Pisco
- 2 ounces simple syrup
- 1 ounce fresh lime juice, preferably from key limes
- 1 egg white, preferably pasteurized
- 1-2 dashes Angostura bitters or cinnamon

Combine Pisco, simple syrup, lime juice and egg white in a cocktail shaker. Shake ingredients for one full minute. Fill with ice to the top and shake again for about 10 seconds. Strain through the cocktail shaker spout or a small strainer into an old-fashioned glass. Sprinkle with Angostura bitters.