

crunchy red fruit

feat.



CIRCLE RECIPES

MARCH 2021

MEGAN BARONE (BARONESS, KITCHEN WITCH, PASTA LOVER EXTRAORDINAIRE)

Food and wine have always been a part of Mixtape Pasta chef and owner Megan Barone's life. Born and raised in the famed California Central Coast wine region, Barone grew up making fresh pasta in her mother's kitchen. As a young teen, she further expanded her knowledge of Italian cuisine while working at a neighbor's Italian deli and catering business.

She moved to Seattle in 2007, to be a part of the region's vibrant farm-to-table food scene, working as a Culinary Instructor at Sur La Table and Poggi Bonsi, and as a freelance culinary consultant, recipe developer, and caterer, all while working in the grocery industry part-time.

Wine came into Barone's professional life when she was promoted to a Wine Merchant at Trader Joe's, to be in charge of her store's wine program. The initially reluctant wine steward decided to further expand her knowledge of viticulture at the Northwest Wine Academy in Seattle where she earned certifications in both French and Italian wine. Afterwards, she says, wine became her life. Barone joined Petit Monde as a Wine Merchant in 2017, and immersed herself in the world of natural wines, working later as a sales manager for Owen Kotler Selections.

After a decades-long career in the food and wine industries, a global pandemic and a newly-reignited desire to connect with her community inspired Barone to take the leap into full-time pasta making. What started out as a way to feed her food industry friends and keep quarantine cabin fever at bay, soon snowballed into a 100-pound a week enterprise.

As the name Mixtape suggests, Barone's first passion was music. An accomplished saxophonist in her own right, Barone studied jazz performance at California State University, Long Beach and has performed professionally with Stevie Wonder, John Williams, and The Henry Mancini Institute Orchestra.

Today, her musical influences are an integral part of the Mixtape concept. Songs inspire pasta flavors, while an Emiliomiti pasta sheeter dubbed Nina Simone cranks out hit after hit of "crazy-flavored" extruded pasta. Sir Mix A Lot (an industrial stand mixer) kneads farm fresh eggs and semolina into whimsically-named sfoglia dough balls.



BASIC EGG PASTA DOUGH (SFOGLIA)

 DRINK A SPRITZ WHILE MAKING PASTA

MEGAN BARONE/MIXTAPE PASTA

SERVES 4

INGREDIENTS

| | |
|--------------------------|--|
| 2 cups Durum Semolina | 4 egg yolks |
| 2 cups All Purpose flour | 1/2 cup water (Start by adding 1/4 cup, adding more as needed) |
| Pinch of salt | |
| 1 tbsp olive oil | |
| 4 eggs | |

I've developed this recipe over the last few years, as I've found it yields the perfect combination of structure and tenderness for ephemeral yet toothsome sfoglia dough. If you make a lot of pasta at home, I highly recommend picking up a hand crank pasta machine, or the attachments for the kitchen aid. This pasta freezes beautifully for up to 3 months, and keeps in the fridge for up to 3 days if dried and stored properly. For pappardelle and ravioli, lasagne sheets makes 2 lbs.

INSTRUCTIONS

Mix flour and semolina, in a mound on a large cutting board. Then use your fingers or a spoon to create a good-sized well in the middle of the flour mound (kind of like a volcano). Add the eggs, yolks and 1/4 cup of water in the center of the well. Sprinkle the salt and drizzle the olive oil on top of the eggs/h20. Use a fork to begin whisking the liquid. Then once they are combined, begin gradually whisking some of the surrounding flour into the egg mixture, adding more and more until the egg mixture is nice and thick. (If some liquid accidentally spills out, no worries, just use your hands or a bench scraper to pull them back in.)

Then use your hands to fold the rest of the dough all together until combined. If the dough is not coming together, add more of the water gradually until you can just form a stiff dough. Knead the dough for about 10 minutes or until the dough is smooth and elastic, sprinkling some extra flour on the cutting board if needed to prevent sticking or if the dough seems too wet or sticky. (If the dough seems too dry, add in an extra tablespoon or two of water, but you want the dough to be fairly dry.) Form the dough into a ball with your hands, wrap tightly in plastic wrap and let the dough rest at room temperature for 30 minutes. Use immediately or refrigerate for up to 3 days.



BASIC EGG PASTA DOUGH/CONT'D

Cut the dough into 1/4's, and roll out, covering remaining portions with a towel to prevent drying out. I like an atlas sheeter for this, the hand crank model, and the kitchen aid attachments are awesome too. But a rolling pin also works. Press each dough portion out to a ball with your hands, to about an inch thickness, then start rolling, turning the dough to make sure the rolling is happening evenly. I like the dough to be almost translucent, so the noodles are delicate and ephemeral, 1-2 mm thickness.

To cut into pappardelle — Using a pizza cutter or a knife, slice the dough into 8-inch sections. Sprinkle each section with a bit of extra flour or semolina. Then, starting on the short side of the sections, roll them up into very loose, flat cylinders (see above). Cut the cylinders cross-wise to create your desired width of noodles. Then transfer the cut pasta to a drying rack, or swirl it into little pasta "nests" and lay them on a floured/semolina'd surface to dry for 30 minutes. Repeat with the remaining pasta dough.



WILD BOAR RAGU



TERRE A MANO CARMIGNANO

MEGAN BARONE/MIXTAPE PASTA

6 SERVINGS



INGREDIENTS

3 pounds wild boar shoulder, or pork shoulder, ground

5 ounces pancetta, ground (or finely chopped)

3 celery stalks, roughly chopped

1 large yellow onion, roughly chopped

2 carrots, roughly chopped

1 small fennel bulb, outer layer discarded, roughly chopped

4 cloves garlic, mince

1 sprig rosemary, picked and chopped

2 bay leaves, preferably fresh

Sea salt

Freshly ground black pepper

3 cups dry red wine

4 cups ground Italian tomatoes (passata -style is preferred)

2 cups brodo di cipolla**, or low-sodium chicken broth

4 tablespoons olive oil

1 lb fresh pappardelle (recipe above, or used dried)

1/2 cup finely grated Parmigiano-Reggiano

***To make onion broth, take the skins of 20 red and/or yellow onions (throw in garlic, shallots, leeks too —I save my scraps for this) and bring to boil with 10 quarts of water. Let simmer for an hour, and strain. Makes a gorgeous reddish broth.*



WILD BOAR RAGU/CONT'D

Adapted from Evan Funke

INSTRUCTIONS

Blitz the celery, onions, carrots and fennel in a food processor, or grate with a large box grater. In a large heavy-bottomed pot over medium-high heat, add the ground pancetta and olive oil. Cook until the fat has rendered, about 4 minutes. Add the garlic, rosemary and bay leaf. Cook until fragrant, about 30 seconds. Add the vegetables. Cook, stirring frequently, until golden brown and softened, about 15 minutes.

Add the ground boar and generously season with salt and a small amount of pepper. Using a wooden spoon, gently mix the meat and vegetables, stirring from the bottom of the pot. Cook until the meat releases its juices, 6-8 minutes. Stir in the wine. Cook until the contents of the pan begin to steam. Stir in the tomatoes and brodo, turn the heat to low and cook, stirring occasionally, until the meat is fork-tender, 3-5 hours. Begin tasting for tenderness and seasoning after 3 hours.

Transfer 5 cups of the sauce to a large pot over medium heat. (Store the extra sauce in the fridge for 5 days or 3 months in the freezer) Bring the sauce to a rapid simmer and cook until the sauce reduces slightly, about 3-4 minutes. Set the sauce aside.

Bring a large pot of water to a rolling boil over high heat. Season the water with salt. Drop in your pappardelle, stir to separate the strands and cook until tender, 1-2 minutes.

Meanwhile, return the sauce to medium heat. Using tongs, transfer the pasta to the sauce and toss to coat. Add some pasta cooking water, as needed, to loosen the sauce. Serve immediately with the Parmigiano-Reggiano sprinkled on top.



PORK AND FENNEL MEATBALLS



MONTERAPONI CHIANTI

MEGAN BARONE/MIXTAPE PASTA

MAKES 30 MEATBALLS



INGREDIENTS

- 2 lbs ground pork

- 1/2 bulb of fennel, with fronds, finely chopped (or food processed)

- 1/2 large white onion, finely chopped (or food processed)

- 3 cloves garlic, minced

- 1 egg

- 1/2 cup bread crumb

- 1 tbsp salt

- 1/2 oz fresh rosemary, chopped fine

- 2g fennel seed, crushed

- 2 g fresh black pepper

- Pinch of Chile flake

- Olive oil, for frying

- Greens (like arugula or broccoli raab)

These porchetta-inspired meatballs are best served simply: with some greens lightly wilted in the hot skillet after the meatballs are done, tossed with a splash of aged balsamic vinegar. Also wonderful warmed in a simple marinara. And served with this perfect Chianti. That fennel/rosemary/pepper/garlic flavor combination screams Tuscany to me.

You can also use this meatball base as a filling for tortellini, which are wonderful served in some of the onion brodo (recipe with boar ragu) with plenty of parmigiano reggiano. To make tortellini: take 2x2 inch squares of fresh sfoglia (recipe above), place a teaspoon sized piece of filling on each square. Using wet fingers, moisten the edges of the sfoglia, fold into a triangle, sealing the edges with your fingers. Then, pinch the ends of the triangles together, using your thumb to support the filling. Let dry for 30 minutes before boiling for 3 minutes and serving in broth or melted butter and lots of cheese.

INSTRUCTIONS

In a large mixing bowl, combine ground pork, fennel, onion, garlic, breadcrumbs, egg, herbs and spices. Roll into golf ball sized meatballs, and set aside on a tray or baking sheet. Heat 3 tbsp olive oil over medium heat in a heavy skillet (like cast iron) and brown the meatballs, 3 minutes per side, being careful not to over crowd the pan, it should take 4-5 rounds depending on the circumference of your skillet. Keep the browned meatballs on a baking sheet in a warm oven. Let rest for 5 minutes while wilting the greens in the hot skillet.



LAMB SCOTTADITTO WITH CACIO E PEPE



I CUSTODI ÆTNUS ROSSO

MEGAN BARONE/MIXTAPE PASTA

2 -4 SERVINGS

There's something about wines from volcanic areas — you can really “taste the volcano” if that makes any sense. I think of the foods of Rome as beautiful partners to volcanic wines, that earthy, peppery simplicity — bordering on rusticity. The wines of Etna, also a volcanic area, always make me crave those flavors. So yes, this dish is Roman, but it works so well, I promise. Scottaditto means “to burn the fingers”, meaning you're grabbing the hot chops with your hands and tearing in, and I highly recommend you follow suit. For the cacio e Pepe, I really like a toothy tubed noodle, like bucatini, but spaghetti works as well. You can serve them together, or do it “Italian style” — have them coursed out, Primi e secondi.

FOR THE LAMB

INGREDIENTS

4 lamb chops (depending on your appetite)

3 tbsp butter

2 tbsp olive oil.

2 fresh bay leaves

Black pepper

Salt



INSTRUCTIONS

Pat chops dry, season with salt and pepper, and set aside. Heat a heavy-bottomed skillet over medium high heat. After 2 minutes when pan is hot, add olive oil and then butter and bay leaves, then, when the butter is foamy, drop in the chops, searing 4 minutes per side, and basting with the bay-infused butter once or twice a minute. Rest for 10 minutes before serving, drizzling the chops with some of the bay-infused butter from searing.



LAMB SCOTTADITTO WITH CACIO E PEPE/ CONT'D

FOR THE CACIO E PEPE

INGREDIENTS

8 oz bucatini or spaghetti

25 turns freshly ground black pepper, on the coarsest setting, plus more for serving

Salt

1/2 cup grated Pecorino-Romano cheese, plus more for serving

2 tablespoons high-quality extra-virgin olive oil, plus more for serving

INSTRUCTIONS

In a pan just wide enough to hold the pasta, place enough water to fill the pan 1 inch from the bottom. Season the water with a pinch of salt and bring to a boil. Spread the pasta in the pan and cook over medium-high heat, stirring occasionally to prevent the pasta from sticking together.

Allow the pasta water to reduce; do not add more, as you want the starchy water to be minimal when the remaining ingredients are added.

Once the pasta is al dente and the pasta water has reduced so only a slight coating remains at the bottom of the pan, turn off the heat and add the toasted ground black pepper and Pecorino-Romano. Stir and toss vigorously until both ingredients are well incorporated into the pasta. Toss in the olive oil and season with salt. Plate the pasta and garnish with more black pepper, Pecorino-Romano and extra-virgin olive oil.



PISTACHIO PESTO



COLLE STEFANO VERDICCHIO

MEGAN BARONE/MIXTAPE PASTA

MAKES 1 1/2 CUPS



INGREDIENTS

1 c roasted pistachios

1/2 c Italian parsley, roughly chopped, packed

1/2 c fennel fronds, roughly chopped, packed

1/2 c organic green onions, chopped

3 cloves garlic

1/2 c Grana padano cheese, grated

1 cup olive oil

Sea salt & black pepper to taste

The Verdicchio is so electric and bright that the nutty richness of this pesto rounds out the acid without being too rich. Perfect tossed with your favorite pasta, or as a spread on a simple tuna (in olive oil, please) sandwich with arugula, pickled onions and capers .

Conversely, this pesto is incredible simply served with seared scallops, or paired with some white wine (1/2 cup to 2 tbs pesto) to steam some mussels or clams.

INSTRUCTIONS

Blitz herbs, pistachios, garlic, cheese, and herbs in a food processor. Season with salt and pepper to taste and serve.

For every 4 oz serving of pasta, "melt" 2 tbs of pesto in a saute pan with a drizzle of olive oil, and an 1/8 cup of pasta cooking water . Toss drained pasta in with pesto and finish in skillet for a minute to bring everything together.



PASTA WITH SAFFRON BURRO BIANCO W ANCHOVY BREAD CRUMBS



PALA "I FIORI" MONICA

MEGAN BARONE/MIXTAPE PASTA

SERVES 4-6

The Monica, hailing from Sardinia, has this almost saffron-like aroma to it, hearkening the flavors of Sardinia itself: saffron, seafood, fresh herbs. I make a gnocchetti sardi flavored with saffron called malloreddus that would be amazing with this preparation, but simple spaghetti is perfectly fine.

FOR THE BREAD CRUMBS:

1 tin of anchovies in oil (2oz, undrained)

1 cup of plain bread crumbs

Pinch of Chile flakes

3 large cloves of garlic

1/4 c fresh parsley

Mix together in a food processor. Toast in oven at 350 for 15 mins. Set aside. There will be leftovers. Keep them in the freezer. You will like their versatility as a topping on salads, roasted vegetables, you name it.

FOR THE SAFFRON BURRO BIANCO:

1 1/4 cups dry white wine

2 tbsp finely chopped shallots

1/4 teaspoon saffron threads

1/2 cup (1 stick) unsalted butter, cut into 3/4-inch cubes

2tbs heavy cream

Salt, black pepper to taste.

1 lb pasta, like spaghetti or capellini.



In a heavy-bottomed saucepan, bring wine, vinegar, shallots, and saffron to a simmer and reduce by about two-thirds, to 3/4 cup. Whisk in cream. Slowly whisk in butter cubes, one at a time, incorporating each before adding the next and being careful not to let the sauce boil. Season lightly with salt and pepper to taste. Set aside, and prepare pasta.

Boil pasta with salt according to package directions until al Dente. Drain, and toss in pan with saffron sauce for 1 minute. Divide into 4 servings and serve top each with approx 2tbsp breadcrumbs.



PASTA WITH PEAS AND PROSCIUTTO IN A FONTINA SAGE FONDUTA



PODERI CELLARIO "È BIANCO"

MEGAN BARONE/MIXTAPE PASTA

4-6 SERVINGS



This dish takes its inspiration from one of my favorite dishes, Veal or Chicken Saltimbocca, a classic dish consisting of sage, fontina, and prosciutto, and mashes it up with a Piedmontese fonduta. Kind of a grown-up Mac and Cheese, in a way. Something about the earthy sage, salty prosciutto, sweet peas and creamy cheese pairs so beautifully with the floral-crisp Cellario Bianco (which happens to be from Piedmont as well, fancy that).

INGREDIENTS

- 9 tablespoons unsalted butter
- 4 tablespoons all purpose flour
- 4 cups whole milk
- 2 cups grated fontina
- 1/2 cup frozen peas
- 3/4 oz of fresh sage leaves, cut into chiffonade
- 3 oz thinly sliced prosciutto, julienned or torn
- 1 pound fresh radiatore, rigatoni, fusilli, or farfalle (dried works too)
- salt, fresh black pepper to taste

INSTRUCTIONS

- Melt 1 stick (8 tablespoons) of butter in a medium sauce pan. Whisk in flour and begin slowly whisking the milk into the flour a little at a time. Continue to whisk until the sauce is thick enough to coat the back of a spoon. Add the cheese, sage and prosciutto. Season with salt to taste.
- Bring a large pot of salted water to a boil. Add the pasta and cook the pasta 2 minutes away from doneness as directed on the package. Drop in frozen peas and cook for one minute. Drain and return the pasta back to the pan. Add the sauce to the pan and stir to coat evenly. Serve immediately.

