

PASTA

A close-up photograph of a white plate filled with spaghetti. The spaghetti is coated in a red tomato sauce and topped with a generous amount of shredded white cheese. In the background, a white cloth-lined basket contains several pieces of golden-brown bread. The entire scene is set against a bright yellow background.

Peter Spyros Goudas
transcribed by **Bernadette Scott**

SPAGHETTI A LA OLIO, OR WITH PASTA SAUCE

Cooking spaghetti seems to be a simple task, but in reality it is not.

For the spaghetti experts you do not need to read this recipe, but for people who do not know how to boil water, this recipe will be very helpful.

In a medium or large pot fill half to 3/4 full of water, place on stove at high temperature.

Bring to a boil. This means when you see the water bubbling all around ... the water is boiling.

(This is no joke. Mr. Goudas' father never knew how to boil water all his life.)

Add 2 tbsp. of any vegetable oil to prevent spaghetti from sticking together.

Add 1/2 tsp. of salt.

For 2 people – use enough spaghetti that fits between the thumb and forefinger forming a circle. This is a rule of thumb, obviously, depends on how much you eat.

Do not break the spaghetti, set it in the pot standing up – it will eventually slide into the water because spaghetti knows how to swim.

Do not cover, stir a couple times and continue to boil until tender to your taste, approximately 10 – 15 minutes.

(Take 1 spaghetti out and taste – if it is still hard, continue to boil.)

Do not overcook, because the spaghetti will stick together like glue. Spaghetti should not be too soft, let it be “al dente” a little hard, as the Italians prefer it.

Mr. Goudas told us that during his air force days, the cooks at the air base

kitchen where they cooked for a few hundred people, to test if the spaghetti was ready or not, they picked up one spaghetti and threw it up at the ceiling, if it bounced back, it meant it was still raw, if it stuck there, it was ready.

So the kitchen ceiling at the air base was filled with spaghetti hanging down like a ceiling decoration.

We are not suggesting that you do this in your house unless you want to duplicate the decoration.

Once the spaghetti is ready, place a strainer in sink and pour the contents of the pot into it. Allow the water to drain.

Place the empty pot on hot stove for a few seconds to allow any traces of water to evaporate. Then pour 2 – 3 tbsp. Extra Virgin Olive Oil into the heated pot for another minute or 2 until the oil is slightly smoking. Pay careful attention so as to not start any fires. Carefully, pour the heated oil over the spaghetti while still in the strainer. Hold the strainer by the handles and shake vigorously 3 or 4 times until the oil penetrates the spaghetti.





This spaghetti may be eaten as is and you may call it Spaghetti a la Olio. Or, pour Pasta Sauce on top, and call it Spaghetti with Pasta Sauce.

We will show you how to create your own pasta sauce in another seminar.

However, since you have greatly progressed in cooking so far, maybe you are over tired, exhausted and possibly hungry, therefore, it is time to eat.

There is only one more effort to be made; heat up Mr. Goudas Pasta Sauce and pour it over the spaghetti. It is one of the best Pasta Sauces in the world with all the goodies inside.

Generously sprinkle with Parmesan or Romano cheese. Do not use any unknown brands to ruin your beautiful creation.

Sprinkle with parsley or a couple pieces of basilico for decoration like the Italians have been doing since the days of Marco Polo.



SPAGHETTI WITH TUNA

The recipe below will cost you a fortune in a fancy Italian restaurant, however, when prepared at home, it is very inexpensive.

Since you are now a professional at cooking Spaghetti from the recipe above, we will progress one step further to creating Spaghetti with Tuna.

Assuming you have already cooked the Spaghetti and it is sitting in the strainer, we move on to the next step.

In a large frying pan, heat 1/4 cup of olive oil. Add 2 large chopped onions and allow to sauté until light golden in colour.

Add 2 or 3 cloves of thinly sliced garlic and sauté for an additional minute.

Add 1 can of Tuna in Oil to the sautéing onions and garlic and simmer for another 2 - 3 minutes. We do not mean Tuna in Water, but Tuna in Oil. If you are in Canada, the recommend brands are: Unico, Mr. Goudas or Aurora. The same applies to Extra Virgin Olive Oil.

You may pour the spaghetti from the strainer into to the frying pan with the sautéed onions, garlic and Tuna. Gently mix the ingredients together allowing the oil to penetrate the spaghetti. Or, you may place the spaghetti on a plate





PENNE IN TOMATO SAUCE WITH CHICKEN

The word Penne should not cause you any fear, it is simply another type of pasta. It is cooked in the very same manner as spaghetti. And since you know how to cook spaghetti, then you can cook Penne, Tortalini, Bombolini, and any other lini.

and add your tuna with sauce on top.

Add some parsley, black pepper and generously sprinkle with parmesan or romano cheese.

Serve with a Romain lettuce salad with Balsamic vinegar. Enjoy.



Italians seem to prefer Tuna in Oil more than any other nationality in the world.

In the picture you see Mr. Goudas in the office of the King of Tuna (right), in Colombia and it is evident that the only decoration on the wall is one cross.



- 2 cups of penne
- 2 or 3 chicken leg/thigh pieces
- 1/2 can Crushed Tomatoes or Dice with Herbs and Spice
- 4 tbsps. of Olive or Soya Oil
- 1 tbsp. of Mr. Goudas Trinidad Style Hot Sauce
- 2 cloves of garlic
- 1 onion
- Salt and pepper
- Parmesan or Romano Cheese



Wash chicken and cut into four or six pieces. Using a large frying pan, heat the oil and add the chicken. Fry for approximately 15–20 minutes under medium heat, turning occasionally.

When just about ready, add the chopped onions and continue frying. Once the onions become golden in colour, add sliced garlic, 1/2 can of tomatoes, hot





PASTA WITH TUNA SAUTEED WITH ONIONS AND TOMATOES

sauce, salt, pepper, and 1 cup of water or 1 can of Mr. Goudas Chicken Broth (No MSG). Cover, and reduce heat to low, allow to simmer for approximately 10 minutes.

Check the chicken to ensure that all liquid has not evaporated and the meat is slightly falling off the bone. Add the already cooked Penne to the frying pan and allow the juice to penetrate the centre of the penne. This will take 1 – 2 minutes.

This meal has to be eaten immediately. Have your serving plates ready.

Sprinkle generously with Parmesan or Romano cheese and complement with a glass of your favourite wine and a couple slices of Italian bread. Mamma Mia!

- 1 can of Mr. Goudas Chunk Light or Flaked Tuna
- 1 large onion
- 1/4 cup Dice Tomatoes with Herbs and Spice
- 2 cloves of garlic
- 1 green onion
- 1 tablespoon Mr. Goudas Trinidad Hot Sauce



- 3 tablespoon Extra Virgin Oil
- Heat oil at medium level in a large frying.
- Add chopped onion, garlic, green onion, salt and pepper.
- Sautee for 2 – 3 minutes until



the onions are golden in colour.

Add the tomatoes and the tuna. Gently mix to combine all the ingredients.

Cover and allow to simmer for an additional 2 – 3 minutes.

Serve with your favourite pasta or rice and side salad.

Cooking pasta often will allow you to sing O Sole Mio, even if you never knew the words.

You are now able to cook any type of pasta.

However, selecting the right pasta is the most difficult part.

Personally I use xxxxxx brand.

Bon Appetit!



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