

Pasta de Santo Giuseppe

pasta de Santo Giuseppe

This pasta de Santo Giuseppe has as many variations as there are regions in Italy. The one mandatory ingredient in this classic Italian dish is toasted breadcrumbs instead of grated cheese. Santo Giuseppe was a carpenter, and the breadcrumbs represented sawdust.

This Italian pasta dish is easy and delicious and can be enjoyed year-round, but it holds special significance on March 19th, when Italians celebrate La Festa di San Giuseppe – Saint Joseph's Day. While much of the world turns to Saint Patrick's day on March 17th, Italians focus on honoring Saint Joseph, the patron saint of fathers, workers and the needy. Traditionally, this day is marked with meatless meals, as it falls during Lent. The toasted bread crumbs sprinkled on top symbolize the sawdust of Saint Joseph's carpentry workshop, reminding us of his humble and hardworking nature. Families across Italy, prepare festive tables known as St. Joseph's alters, filled with breads, fava beans, and other symbolic foods, offering gratitude for his protection and provision.

Three variations for this Pasta de San Giuseppe

1. Sicilian sweet and savory: This variation combines the traditional pasta with anchovies, garlic, fennel, and toasted breadcrumbs sauteed in olive oil.
2. Southern Italian tomato -based (my version): In some regions, the dish is prepared with a light tomato sauce, often featuring crushed San Marzano tomatoes, onions and garlic. This gives a slightly richer flavor while still

maintaining the signature toasted breadcrumb topping.

3. Vegetarian lentil and fava bean: as a nod to Saint Joseph's role as a protector of the poor, some families incorporate lentils or fava beans – symbols of good fortune- into the dish. The beans add protein ad a hearty texture, making this version a complete, satisfying meal. Pasta di Santo Giuseppe is more than just a dish, it's a symbol of Italian heritage, faith and gratitude. Whether prepared with anchovies, tomatoes, or beans, the humble toasted bread crumbs remain a consent, reminding us of Saint Joseph's humility and hard work. On March 19th, Italians gather to celebrate his legacy, honoring tradition through food, family and faith. No matter which variation you choose, this dish is a delicious way to connect to Italy's deep-rooted culture and religious traditions.

Ingredients

- 12 oz. spaghetti
- 2 cups bread crumbs
- 1 cup grated parmesan cheese
- 2 Tbsp. chopped Italian parsley
- 2 Tbsp. butter
- 2 Tbsp. olive oil
- 4 anchovy fillets
- 2 Tbsp, hot red pepper flakes
- 2 cups cherry tomatoes
- 2 cups my easy marinara sauce
- 1 cup pasta water

Instructions

1. In a large pot of salted rapidly boiling water cook the spaghetti al dente.
2. In a saute pan in 1 Tbsp. of butter and 1 tbsp. of olive

saute 1 Tbsp. of minced garlic until soft and the bread crumbs and cook until the breadcrumbs are toasted and golden, remove from the fire add in the grated parmesan and 2 Tbsp. of freshly chopped Italian parsley and set aside,

3. In the same pan add the remaining 1 tbsp. of butter and olive oil add the remaining 1 tbsp. of minced garlic cook until soft and translucent, then add the cherry tomatoes cook until the tomatoes burst.
4. Add in the marinara and pasta water simmer until the sauce thickens about 15 minutes. Add some fresh torn basil leaves, then toss the spaghetti in the sauce.
5. Plate top with the breadcrumb mixture. ENJOY!!!!