

# **PENNE ARRABBIATA – GIVE IT A TRY!©**

*by Dan Pemble, Kissimmee, Florida – May 9, 2023*

The word “arrabbiata” is derived from Latin and means “to enrage”! So, Penne Arrabbiata is the ribbed/tube-type pasta that is topped with a spicy sauce that consists of tomatoes, garlic, and hot chili peppers. During the time that Sadhana and I had the good fortune of residing on the beautiful Italian island of Sardinia, just 350 miles west of Rome. This dish is one that we savored on many occasions. In fact, it was locally known (as translated into English) as “the angry pasta”! And, by the way, this spicy/semi-hot dish is quite easily “washed down” (extinguished!) with some full-bodied red wine!



If you like to experiment with Italian food, you owe it to yourself to make the preparation of Penne Arrabbiata your next project and I don’t think you’ll be disappointed with the results!

Although there are numerous recipes available for Penne Arrabbiata via various web sites, the following is one that is very clearly written and easy, thanks to Ina Garten of the “Barefoot Contessa” TV show. So, do give it a try! I think you’ll love it!

<https://www.foodnetwork.com/recipes/ina-garten/penne-arrabiata-8702958>



**BUON APPETITO! GRAZIE ITALIA!**