THE JOURNAL · PASTA

Four pasta sauces

Four sauces, each at a different point on the plate: one fresh and green, one earthy, one sweet and tangy, one with heat. Every one of them finishes the same way, tossed with the pasta in the pan.



Pistachio Pesto & Burrata



Truffle Mushroom Parmesan



Caramelised Onion & Goat Cheese



Spicy Tomato Vodka

SAUCE	PROFILE	LOOK	BEST WITH
Pistachio Pesto & Burrata	Creamy, nutty, fresh, subtly citrusy	Vibrant green pesto with creamy white burrata	Spaghetti, linguine, toasted sourdough, crisp white wine
Truffle Mushroom Parmesan	Rich, earthy, creamy, deeply savoury	Golden-brown mushrooms over silky Parmesan-coated pasta	Fettuccine, tagliatelle, garlic bread, grilled sourdough
Caramelised Onion & Goat Cheese	Sweet, tangy, creamy, deeply savoury	Golden caramelised onions with a creamy, pale sauce	Rigatoni, orecchiette, toasted walnuts, fresh herbs
Spicy Tomato Vodka	Rich, creamy, spicy, tangy and savoury	Vibrant red-orange glossy sauce with fresh green basil	Rigatoni, garlic bread, Parmesan, fresh basil

Before you begin

Salt the water generously and cook the pasta only to al dente. It keeps cooking for the minute it spends in the sauce.

Reserve about a quarter cup of the cooking water before you drain. Every sauce here uses it at the end, a little at a time, to turn glossy and cling to the pasta.

COMPOSED BY

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PASTA SAUCES

Pistachio Pesto & Burrata

Creamy, nutty, fresh, subtly citrusy.



LOOK	Vibrant green pesto with creamy white burrata
TEXTURE	Silky pasta with a slightly textured pesto and soft, creamy burrata
BEST WITH	Spaghetti, linguine, toasted sourdough, crisp white wine

Ingredients

- 200 g spaghetti or linguine
- 80 g unsalted pistachios
- 1 cup fresh basil leaves
- 1 garlic clove
- 40 g Parmesan
- 80 ml extra-virgin olive oil
- 1 tbsp lemon juice
- ½ tsp lemon zest
- Salt
- Black pepper
- 125 g burrata

Method

1. **Cook the pasta**
   Bring a large pot of generously salted water to a boil. Cook the spaghetti or linguine until al dente according to the package instructions. Reserve approximately ¼ cup of pasta water before draining.
2. **Prepare the pistachio pesto**
   Add the pistachios, basil, garlic, Parmesan, lemon juice and lemon zest to a food processor. Pulse until combined but still slightly textured. Slowly add the olive oil and blend until the pesto becomes creamy and emulsified. Season with salt and freshly cracked black pepper.
3. **Toss the pasta**
   Transfer the cooked pasta to a pan and add the pistachio pesto. Toss gently over low heat, adding a little reserved pasta water at a time until the pesto coats the pasta evenly and becomes glossy.
4. **Plate and add the burrata**
   Transfer the pasta to a serving plate and place the burrata in the centre. Gently tear open the burrata just before serving so the creamy centre spreads over the pasta.
5. **Garnish**
   Finish with crushed pistachios, Parmesan shavings, fresh basil, freshly cracked black pepper and a light drizzle of extra-virgin olive oil. Add a little lemon zest for a final touch of freshness.

GARNISH

Crushed pistachios, Parmesan shavings, fresh basil leaves, freshly cracked black pepper, extra-virgin olive oil and lemon zest.

CHEF'S NOTE

Do not over-blend the pistachios. A slightly textured pesto gives the dish more depth and creates a beautiful contrast with the silky pasta and creamy burrata.

PASTA SAUCES

Truffle Mushroom Parmesan

Rich, earthy, creamy, deeply savoury.



LOOK	Golden-brown mushrooms over silky Parmesan-coated pasta
TEXTURE	Velvety, creamy and slightly meaty from the mushrooms
BEST WITH	Fettuccine, tagliatelle, garlic bread, grilled sourdough

Ingredients

- 200 g fettuccine or tagliatelle
- 250 g mushrooms
- 2 tbsp butter
- 1 tbsp olive oil
- 3 garlic cloves
- ½ tsp fresh thyme
- 100 ml cream
- 50 g Parmesan
- 1–2 tsp truffle oil
- Salt
- Black pepper
- ¼ cup pasta water
- Fresh parsley or microgreens

Method

1. **Cook the pasta**
   Bring a large pot of generously salted water to a boil. Cook the fettuccine or tagliatelle until al dente. Reserve ¼ cup of pasta water before draining.
2. **Sauté the mushrooms**
   Clean and slice the mushrooms evenly. Heat the olive oil and 1 tbsp butter in a wide pan over medium-high heat. Add the mushrooms and sauté until deeply golden and their moisture has cooked away.
3. **Build the sauce**
   Add the finely chopped garlic and fresh thyme. Sauté for 30–45 seconds until fragrant. Lower the heat and add the remaining 1 tbsp butter and the cream. Allow the mixture to simmer gently for 1–2 minutes.
4. **Add the Parmesan**
   Add the finely grated Parmesan and stir until completely melted into the cream. Gradually add the reserved pasta water until the sauce becomes smooth, silky and glossy.
5. **Toss the pasta**
   Add the cooked pasta directly into the pan. Toss thoroughly so the sauce coats every strand of pasta. Season with salt and freshly cracked black pepper.
6. **Finish with truffle**
   Turn off the heat and add 1–2 tsp truffle oil, depending on your preferred intensity. Toss gently once more.
7. **Garnish and serve**
   Finish with Parmesan shavings, fresh parsley or microgreens, a little fresh thyme and freshly cracked black pepper.

GARNISH

Parmesan shavings, fresh parsley or microgreens, fresh thyme, freshly cracked black pepper and a few drops of truffle oil.

CHEF'S NOTE

Add the truffle oil only after removing the pan from the heat. This preserves its delicate aroma and prevents the truffle flavour from becoming overpowering.

PASTA SAUCES

Caramelised Onion & Goat Cheese

Sweet, tangy, creamy, deeply savoury.



LOOK	Golden caramelised onions with a creamy, pale sauce
TEXTURE	Silky and creamy with a delicate crunch from toasted walnuts
BEST WITH	Rigatoni, orecchiette, toasted walnuts, fresh herbs

Ingredients

- 200 g rigatoni or orecchiette
- 2 yellow onions
- 2 tbsp butter
- 1 tbsp olive oil
- 1 tsp brown sugar
- 1 tsp balsamic vinegar
- 100 g soft goat cheese
- 60 ml cream
- 30 g Parmesan
- ½ tsp fresh thyme
- Salt
- Black pepper
- ¼ cup pasta water
- Walnuts

Method

1. **Cook the pasta**
Bring a large pot of generously salted water to a boil. Cook the rigatoni or orecchiette until al dente. Reserve ¼ cup of pasta water before draining.

2. **Caramelise the onions**
Thinly slice the onions. Heat the butter and olive oil in a wide pan over low-medium heat. Add the onions and a pinch of salt. Cook slowly for approximately 20–25 minutes, stirring occasionally, until the onions become soft, deeply golden and caramelised.

3. **Balance the onions**
Add the brown sugar and balsamic vinegar. Stir well and cook for another 1–2 minutes. The balsamic adds acidity while the sugar enhances the natural sweetness of the caramelised onions.

4. **Create the creamy sauce**
Add the cream and soft goat cheese to the pan. Stir gently until the goat cheese melts and creates a smooth, creamy sauce. Add the Parmesan and fresh thyme.

5. **Toss the pasta**
Add the cooked pasta to the sauce and toss thoroughly. Gradually add the reserved pasta water until the sauce becomes silky and coats the pasta evenly. Season with salt and freshly cracked black pepper.

6. **Toast the walnuts**
Toast the walnuts in a dry pan over medium heat for a few minutes until fragrant. Roughly chop them before serving.

7. **Garnish and serve**
Plate the pasta and finish with toasted walnuts, crumbled goat cheese, fresh thyme, Parmesan shavings and freshly cracked black pepper.

GARNISH

Toasted walnuts, crumbled goat cheese, fresh thyme, Parmesan shavings and freshly cracked black pepper.

CHEF'S NOTE

The onions are the heart of this dish. Cook them slowly and patiently. Deep caramelisation creates the rich sweetness that balances the tanginess of the goat cheese.

PASTA SAUCES

Spicy Tomato Vodka

Rich, creamy, spicy, tangy and savoury.



LOOK	Vibrant red-orange glossy sauce with fresh green basil
TEXTURE	Silky, creamy and perfectly coating
BEST WITH	Rigatoni, garlic bread, Parmesan, fresh basil

Ingredients

- 200 g rigatoni
- 2 tbsp extra-virgin olive oil
- 3 garlic cloves
- 1 shallot
- 1–2 tsp chilli flakes
- 250 g tomato passata
- 50 ml vodka
- 100 ml cream
- 40 g Parmesan
- 1 tsp butter
- Salt
- Black pepper
- 1 cup fresh basil leaves

Method

1. **Cook the pasta**
   Bring a large pot of generously salted water to a boil. Cook the rigatoni until al dente. Reserve approximately ¼ cup of pasta water before draining.
2. **Build the flavour base**
   Heat the olive oil in a wide pan over medium heat. Finely chop the shallot and garlic. Sauté the shallot until soft and translucent, then add the garlic and chilli flakes and cook for 30–45 seconds until fragrant. Be careful not to brown the garlic.
3. **Add the tomato**
   Pour in the tomato passata and simmer for 5–7 minutes, stirring occasionally, until the sauce has reduced slightly and developed a deeper flavour.
4. **Add the vodka**
   Pour in the vodka and simmer for another 2–3 minutes. This lets the alcohol cook off while the vodka enhances the flavour and texture of the tomato sauce.
5. **Make it creamy**
   Reduce the heat and add the cream. Stir until the sauce becomes smooth and creamy. Add the Parmesan and butter and stir until completely incorporated.
6. **Toss the pasta**
   Add the cooked rigatoni directly into the sauce. Toss vigorously over low heat, adding a little reserved pasta water as needed. The sauce should cling to the ridges of the rigatoni rather than pool at the bottom of the plate. Season with salt and freshly cracked black pepper.
7. **Finish with basil**
   Tear the fresh basil leaves and fold some through the pasta. Plate immediately and finish with fresh basil, Parmesan shavings, chilli flakes and a drizzle of extra-virgin olive oil.

GARNISH

Fresh basil leaves, Parmesan shavings, chilli flakes, freshly cracked black pepper and extra-virgin olive oil.

CHEF'S NOTE

The final toss is crucial. Let the rigatoni finish in the sauce so the pasta absorbs the flavour, and the starch from the pasta water creates that signature glossy, restaurant-style finish.