

Conchiglie al Cavolo Nero

Cavolo nero has a strong unique flavour. The cavolo nero should have had its first frost, which affects the texture and intensifies the flavour.

Serves 6

- 900 g (2 lb) cavolo nero
- sea salt and freshly ground black pepper
- 300 ml (10 fl oz) double cream
- 7 garlic cloves, peeled
- 3 tablespoons extra virgin olive oil
- 2-3 dried chillies (depending on how hot you like the pasta), crumbled
- 150 g (5 oz) Parmesan, freshly grated
- 250 g (9 oz) conchiglie

Remove the tough central stalk from each leaf of cavolo nero, and cut each leaf into three or four pieces. Blanch in boiling salted water for a few minutes only, until tender and bright green. Drain and dry.

Put the double cream and 5 whole garlic cloves into a pan and simmer until the garlic is soft. Purée in a blender.

In a separate pan, heat the olive oil and fry the remaining garlic, cut into thin slices, and the chilli. When the garlic has coloured, add the blanched cavolo nero, stir and season. Pour in the cream and garlic purée, bring to the boil, and cook for 5 minutes until the cavolo nero is coated and the sauce has thickened. Add the Parmesan.

Cook the pasta in a generous amount of boiling salted water, then drain thoroughly. Add to the sauce and mix well.