

## FIRST COURSES

### Spaghetti with squid, creamed cannellini beans, and broccoli

#### Ingredients for 4 people

*400 g Gragnano spaghetti*  
*300 g squid (pre-cleaned)*  
*200 g soaked cannellini beans (or a can)*  
*Sage and rosemary*  
*1 head of broccoli*  
*2 cloves of garlic*  
*Chili pepper (optional)*  
*½ glass of white wine* *Extra virgin olive oil*  
*Salt*  
*2–3 anchovy fillets or grated lemon zest*

#### Preparation

**Broccoli:** Divide into small florets and blanch for 3–4 minutes in salted water. Drain and set aside (crispy, not mushy).

**Cannellini Bean Cream:** Cook the dried beans in plenty of salted water with sage, garlic, and rosemary until very soft. If using canned beans, drain and rinse them thoroughly. Blend the beans with a drizzle of oil, a little of the cooking water (or hot water), and salt. The result should be a smooth, fairly runny cream.

**Squid:** Place oil, a clove of garlic, and a pinch of chili pepper in a pan. Add the squid and sauté for a couple of minutes. Deglaze with white wine and let it evaporate.

**Sauce Base:** Add the cannellini bean cream (2–3 generous tablespoons) and a ladle of the cooking water. If using anchovies, dissolve them here.

**Pasta:** Cook the spaghetti until al dente and drain. Finish cooking in the pan with the sauce.

**Finish:** Add the broccoli and stir in the extra virgin olive oil.  
If you didn't use anchovies, grate a little lemon zest before serving.