

La Fontana



La FONTANA welcomes you with a truly enjoyable atmosphere and the comfort of great food.

Enjoy with family and friends, sharing a delicious selection of homemade fresh pasta tossed in the most fragrant sauces, wood oven baked pizza made the true Neapolitan way, and tasty dishes showcasing the seasonal offerings of our territory!



Fresh Fettuccine in Kale Pesto



For the Kale Pesto

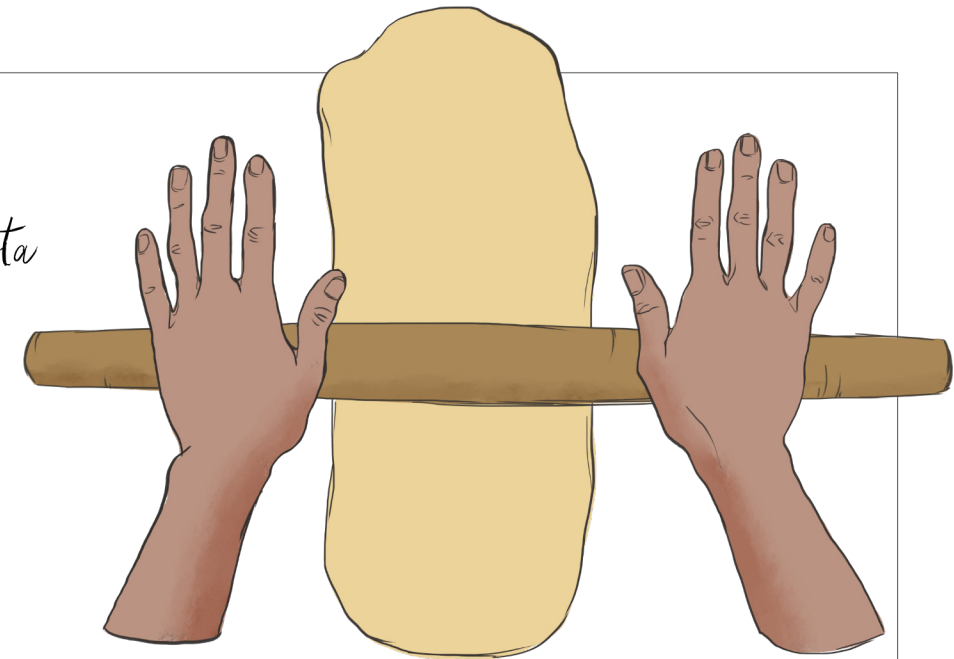
2 cups Kale (no hard stems)
1/2 cup Extra-Virgin Olive Oil
1/4 cup Canola Oil
1/3 cup Pumpkin Seeds
1 tsp Salt
1 tsp Garlic Powder

Place kale in a large bowl of cold water and soak for 15 minutes. In the meantime, in a food processor mix the pumpkin seeds, salt and garlic powder until pureed. Cover with the canola oil and mix until it is a smooth paste; add the kale a little at the time and keep mixing while adding the olive oil. Mix until smooth. Finish by using a hand blender to make it even smoother.



For the Fresh Pasta

Yields 2 portions
1 cup All Purpose Flour
2 Eggs
Pinch of Salt
Water as needed



Mix the flour, egg and salt by hand or in a mixer (or a food processor works as well). Add water as needed to make a soft, smooth dough. Let it rest on a floured counter for 15-20 minutes (best if covered with a kitchen towel to avoid drying up).

Flatten the dough with a pasta machine or rolling pin, making the pasta sheets into the desired thickness (1/4 inch is a good thickness); cut the pasta sheet to the desired length (1/2 foot length is usually good for fettuccini).

If using a pasta machine, pass the flattened dough into the fettuccini cut; if cutting by hand, roll the flattened dough widthwise, cutting the fettuccini at the desired width.

Cooking the Dish

Fill a medium pot with water and bring to boil; add 1 tbsp of salt. Boil the fresh pasta for 3 to 5 minutes. In the meantime, add 3 spoonfuls of pesto to a frying pan, and cook at low heat. While heating it up, add 2 tbsp of cooking water from the pasta pot, this will help emulsify the sauce (due to the starch in the water, from the pasta boiling).

Once the pasta is cooked, add it to the pan and toss with the pesto, keeping at low heat to avoid the pesto burning. Drizzle 2 tsp of olive oil into the pan and toss until the pasta and sauce are well mixed together for 3 minutes.

Plate, and if desired top with grated cheese. At the restaurant we top with sheep ricotta cheese, pumpkin seeds and grated lemon zest.

