



## WINE-COUNTRY COOKING

### Fettuccine with Leeks, Carrots & Thyme

On nights when we need a break from meat and heavy protein dinners, I often make this delicious pasta dish. As well, I only make this when I have rich-flavored chicken stock on hand, because good stock is essential to this dish.

Serve with roasted acorn squash and a salad of mixed greens. And, of course, plenty of crusty bread to soak up any liquid remaining in the bottom of your pasta bowl.

|               |  |
|---------------|--|
| 1 to 2 tbsp   | extra-virgin olive oil   |
| 2             | cloves garlic, finely chopped  |
| scant 1/8 tsp | dried red pepper flakes  |
| 4 to 6        | leeks, white and light-green part only, halved lengthwise, then cut in 1/2-inch slices |
| 3 or 4        | slender carrots, halved lengthwise and thinly sliced; or cut in julienne strips        |
| 2 cups        | (approx.) rich-flavored chicken stock  |
| 1 tbsp        | chopped fresh thyme  |
| 1/2 cup       | chopped fresh Italian parsley  |
| 1 lb          | Salt and freshly ground pepper   |
|               | fettuccine or pappardelle  |

In a sauté pan over medium heat, heat olive oil. Add garlic and red pepper flakes and cook, stirring, until garlic is fragrant; do not brown.

Add leeks and carrots and continue cooking, stirring often, until leeks are tender.

Add chicken stock, thyme half the parsley and bring to boil; reduce heat and simmer, partially covered, for 10 to 15 minutes.

Season with salt and pepper to taste.

Meanwhile, bring large pot of water to boil. Add salt (about 2 tbsp for a 5- to 6-quart pot) pasta and cook until tender but firm. Drain very well and add pasta to leek mixture, tossing well to combine. Taste and adjust seasoning. Serve in individual, heated pasta bowls. Sprinkle each portion with remaining parsley.

Makes 3 or 4 servings.

Enjoy this dish with a Pinot Noir, a Zinfandel, a juicy Merlot or stainless-steel-fermented Sauvignon Blanc. This pasta dish requires a “pretty, little wine,” not a big monster, or high-alcohol bruiser. - *Jim White*