

1. Learn a new valuable skill
2. Emotionally soothe yourself
3. Seduce your significant other







Pasta Aglio e Olio

- Simplicity
- Ingredients
- Technique





- Fresh ground pepper
- Kosher salt
- Semolina/Durum wheat Spaghetti
- Fresh Parsley
- Calabrian chili
- Organic (fresh) Garlic
- Parmigiano Reggiano DOP
- Ligurian Organic Olive Oil
- Grass fed lemon

- Salt & Pepper
- Spaghetti
- Parsley
- Red pepper flakes
- Garlic
- Parmesan
- Olive Oil
- Lemon



6+ Cloves of garlic, finely sliced



Pasta water

1 lb pasta

like the sea



1/4 cup Olive oil



~1 tablespoon chili flakes





Cheese

Pepper



Parsley



Starch



Lemon



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