

OVERALL time: 20 mins

CACIO E PEPE

The secret to making the tastiest meals? It's all in the spice. Picked from the uppermost branches of pepper trees, **Cape Herb & Spice Extra Bold Black Peppercorns** are carefully selected to bring unmatched flavour to your table and are available in stylish, easy-to-use grinders.

This traditional Cacio e Pepe can be enjoyed on its own or with a topping of sautéed shiitake mushrooms and a drizzle of truffle oil.

Metric

Number of servings : 2

ingredients

Main

- 250 g Spaghetti
- 14 ml **Cape Herb and Spice's Extra Bold Black Pepper**
- 100 g Pecorino Romano, grated, plus more for serving
- To taste **Cape Herb and Spice's Atlantic Sea Salt**

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 5 mins | COOKING TIME: 15 mins

Bring a shallow saucepan of water to the boil and salt it well. *(Make sure your spaghetti can lie flat in the saucepan. The less water you use the more you will concentrate the starch in the pasta water, giving the sauce a silky consistency.)*

Cook the pasta until very al dente. 2-3 minutes less than the package instructions state *(The pasta will continue to cook in the sauce).*

While the pasta is cooking, heat olive oil in another saucepan and add the pepper in the warm oil to release the flavour.

When the pasta is ready, using tongs transfer it directly into the black pepper saucepan *(Keep the pasta water).*

Then, pour in about 200ml of pasta water and agitate well, tossing everything thoroughly.

Next up, sprinkle in the pecorino, *one heaped tablespoon at a time*, tossing and stirring in between until a smooth, silky sauce forms. *Don't be tempted to rush this step or the sauce will not emulsify.*

Keep adding pecorino and pasta water when necessary so the sauce stays loose and glossy. The sauce should cling to the pasta and be creamy.

Taste to adjust seasoning.

Serve pasta into very warm bowls (*The warm bowls will keep the sauce from thickening too quickly*).

Garnish with extra pecorino and a fresh grind of **Cape Herb and Spice Black Peppercorns**.

Serve and enjoy!

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram | <http://thesecretlifeofbee.co.za/>

<https://capeherb.co.za>

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