

Angelo Errigo's pre Marathon Pasta

You will need some lardons or bacon cut up a chicken stock cube some garlic one egg per person minimum of three eggs Parmesan cheese grated and obviously spaghetti again about three quarters of a pack for two people.

As I said cut up the bacon if not already cut up and fry in olive oil once they start to get brown, add a fairly large knob of butter then add the stock cube and some water so that it is kept moist but not too wet.

Put in a large pan of water and boil the spaghetti depending on your preference between eight and 10 minutes, it's better a little al dente but try it and see how you like it.

Beat the eggs together with grated Parmesan cheese and wait for the pasta to cook

You need a enough mixture in the frying pan to coat the spaghetti so if it looks a bit dry put a little more water.

Once the spaghetti is cooked don't drain it, lift it from the boiling water and put it into your frying pan the idea for this is that the spaghetti mustn't be too dry otherwise will stick together.

Once all the spaghetti is in the frying pan mix as best you can and then put it back in the saucepan with all the mixture from the frying pan, then add the beaten egg and Parmesan and mix it together over a low heat so the egg mixture slowly cooks this should take no more than about two minutes. Add salt and pepper to preferred taste then enjoy!

