



Pasta Fredda (Summer Pasta) with Smoked Trout

My Italian friends would insist that pasta fredda, also called 'summer pasta', is not a pasta salad (not even a warm pasta salad) but a delicious dish of freshly cooked pasta tossed with a sauce of fresh summer vegetables at room temperature. It's important that the sauce ingredients are at room temperature before you cook the pasta, so they don't cool it down too much when they're combined

Serves 4



INGREDIENTS

- 500g cavatelli or other short pasta (1lb 2oz)
- Cooking salt, for pasta water
- 200g cherry tomatoes, quartered (7oz)
- 1 Lebanese cucumber, quartered and sliced
- ½ red onion, very finely diced
- 8 large green olives, pitted and finely diced
- 2 tablespoons large salted capers, rinsed and dried
- ½ cup extra virgin olive oil (125ml)
- 4 x hot-smoked rainbow trout fillets, at room temperature (optional)
- Salt flakes, to taste

METHOD

1. Put pasta on to cook in a large pot of boiling well-salted water, using 10g salt/litre of water (½oz salt/2 pints water).
2. Meanwhile, combine tomato, cucumber, onion, olive, capers and oil in a large mixing bowl.
3. If using the trout, place a fillet in the base of each of 4 shallow pasta bowls, breaking it in half if necessary.
4. Drain pasta and add it immediately to the mixing bowl.
5. Mix to combine very well.
6. Taste and add salt if needed.
7. Serve pasta fredda on top of the trout and serve immediately, asking diners to mix it through as they eat the pasta.