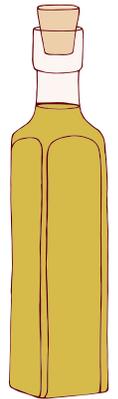
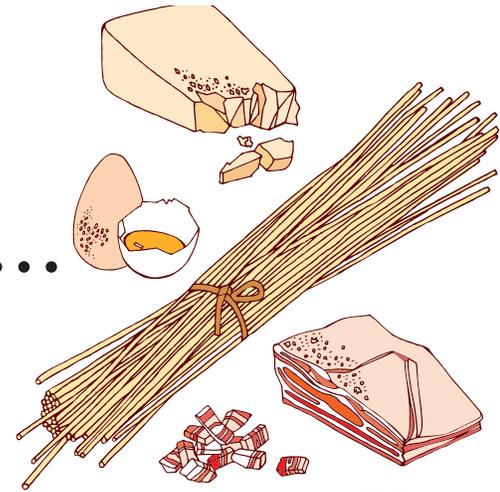




Soothe Me with Spaghetti... and a Show



The coronavirus pandemic has created much uncertainty in our day to day lives. While we are on “pause,” we can find comfort in certain constants. Now, perhaps more than ever, the quote by author, educator, and entrepreneur Stephen Covey rings true: “There are three constants in life...Change, Choice, and Principles.”

CHANGE

As I write, restaurants are open for take-out only or closed indefinitely. Theaters and concert venues have suspended their seasons. Two sources of inspiration, fellowship and solace — food and performing arts — are not accessible in the ways they were just weeks ago. Expecting this may continue through publication, I offer some ideas as restaurant seats are empty and stages are dark. And, I will tuck away my Kentucky Derby and Point-to-Point themed recipes until next year.

CHOICE

I choose to cook and share recipes with family and friends. My go-to comfort food is pasta of all shapes and sizes. I prefer the twirling types, like bucatini and spaghetti. This recipe for Pasta Carbonara is simple to prepare and requires a few basic ingredients — eggs, bacon, and grated cheese. The quantities are intended for four.

PRINCIPLES

Finally, a message of gratitude...Thank you to the doctors, nurses, healthcare workers, military, first responders, pharmacists, grocers, chefs, truckers, transit workers, sanitation workers, and all who carry out essential roles in support of our community and country. We appreciate and honor you.

DINNER — PASTA CARBONARA

Ingredients:

- 6 slices of bacon (preferably thick cut)
- 4 jumbo or large eggs
- Grated Pecorino, Parmesan, or Romano cheese
- Extra virgin olive oil
- 1 pound pasta (preferably bucatini or spaghetti)
- Freshly ground black pepper

Bring a large pot of water to a boil. With kitchen scissors, cut the bacon into strips (or cubes for thicker bacon) of about 1/3 inch. Set aside. Whisk the eggs in a medium bowl, and stir in 1/2 cup grated cheese. Add pepper to taste.

Heat three tablespoons of olive oil in a heavy pot (preferably a Dutch oven) over medium heat. Add the bacon, moving it around a bit, and cook until golden and slightly crisp. Remove the pot from the heat. Transfer the bacon to a small bowl and discard all but four tablespoons of the bacon fat.

Cook the pasta according to the package instructions. Just before the pasta is finished, scoop about 1/4 cup of the pasta water into the pot with the bacon fat, keeping on low heat. Drain the pasta in a colander, then transfer to the pot with the bacon fat and pasta water. Remove the pot from the heat and whisk in the egg mixture, stirring constantly, so that the egg and cheese coat the pasta. Also stir in the bacon. Transfer to a large pasta bowl or serve in individual pasta bowls.

Top with red pepper flakes and more grated cheese. If you have frozen peas on hand, add some as you finish browning the bacon. Or, if you have cherry tomatoes, half them and cook with the bacon.

A SHOW

Until orchestras, opera companies, and dance troupes are able to safely return to the stage, many are offering live-streams and recordings to their supporters and the general public. Take in a virtual show by artists here in Delaware or in Philadelphia, New York City, or Boston. Below are just a few suggestions:

- Met Opera: www.metopera.org
- Philadelphia Orchestra: www.philorch.org
- Boston Symphony Orchestra: www.bso.org
- Alvin Ailey American Dance Theatre: www.alvinailey.org
- Opera Delaware: www.operade.org

As you tune-in, consider making a donation to help these non-profits strengthen their financial positions as we move through these challenging times. 



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