

Pasta with Peas, Eggs and Cheese (Piselli Cas e Ov)

Cooking Times + Servings

- **Prep Time:** 15 minutes
 - **Cook Time:** 25 minutes
 - **Rest Time:** 3 minutes
 - **Servings:** 4
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Ingredients

- **Broken spaghetti (spaghetti spezzati):** 10–11 oz spaghetti, broken into 1–2 inch pieces (you can use tubettini or other type of pasta)
 - **Frozen peas:** 10 oz (or 2 cups) frozen peas (*fresh is great if you have them*)
 - **Egg:** 1 large
 - **Parmigiano Reggiano (grated):** 1 cup (about 3.5 oz) + extra for serving
 - **Yellow onion:** 1 large (or 2 small), finely chopped
 - **Pancetta:** 5–6 oz, diced (*use a nice fatty/meaty balance*)
 - **Lard (sugna):** 2 tablespoons (*or substitute olive oil—see tips*)
 - **Olive oil:** 1 tablespoon (optional, to start the soffritto)
 - **Crushed red pepper:** 1/2 teaspoon (or to taste)
 - **Fennel seeds:** 1/2 teaspoon (lightly crushed)
 - **Salt:** to taste
 - **Hot water or broth:** about 3–4 cups, as needed
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Instructions

1. **Prep everything first.**
Break the spaghetti into short pieces. Chop the onion. Dice the pancetta. Set peas aside.
2. **Build the flavor base.**
In a large pot or deep skillet, warm the **lard** (and the optional drizzle of olive oil) over medium heat. Add **crushed red pepper** and **fennel seeds** and let them sizzle for about **20–30 seconds**.
3. **Sauté pancetta + onion.**
Add the **pancetta** and cook until it starts to render and lightly brown, **3–4 minutes**. Add the **onion** and cook until soft and glossy, **6–8 minutes**, stirring often.
4. **Simmer the peas.**
Add the **peas** and a ladle of **hot water (or broth)**—just enough to get things bubbling. Once

it boils, reduce to a lively simmer and cook **6–8 minutes**, adding a little more hot water if it looks dry.

5. **Cook the pasta in the same pot.**

Add the **broken spaghetti** directly into the pot. Add more hot water as needed so the pasta can cook *risotto-style* in the pea mixture. Stir often to keep it from sticking.

Cook until al dente and **starchy/tightly coated (“azzeccosa”)**, about **9–11 minutes** depending on the spaghetti.

6. **Mix “cas e ov.”**

In a bowl, whisk **1 egg** with **1 cup grated Parmigiano Reggiano** until thick and creamy.

7. **Turn off the heat and make it creamy.**

When pasta is done and the mixture looks saucy (not soupy), **turn off the heat**. Let it sit **30 seconds**, then quickly stir in the **egg-cheese mix**, tossing vigorously until glossy and creamy. If it gets too thick, loosen with **a splash of hot water**.

8. **Rest, then serve.**

Let it rest **3 minutes** (this helps the creaminess set). Serve hot with **extra Parmigiano Reggiano** on top.

Tips & Tricks (for perfect “azzeccosa” creaminess)

- **Off-heat only:** Egg must go in with the flame **off** to avoid scrambling.
- **Use hot water to adjust:** A splash of hot water fixes thickness instantly.
- **Texture target:** You want it *tight and clingy*, not brothy—like creamy pasta that “sticks” together.
- **No lard?** Use **2–3 tbsp olive oil** instead. You’ll lose a bit of traditional depth, but it’s still delicious.
- **More porky flavor:** Add a tiny extra spoon of rendered pancetta fat (if you have it) instead of more salt.