PASTA ALLA CARLOFORTINA

This simple recipe combines the taste of Sardinian pasta with other ingredients offered by the Mediterranean tradition: cherry tomatoes, tuna and pesto, a tasty sauce made with basil, pine nuts, garlic, olive oil and parmesan cheese, typical of Liguria, a region located in Northern Italy, to which the island of Carloforte owes its origin.

For four people:
- 400 grams of Sardinian gnocchi
- 150 grams of tuna in oil
- 100 grams of cherry tomatoes
- 120 grams of pesto
- Basil leaves
- 3 tablespoons of extra virgin olive oil
- Salt

Cook the pasta in boiling salted water. Meanwhile, cut the tomatoes into small pieces and put them in a pan with the tuna, basil and a pinch of salt. Stir and cook for four, five minutes. Drain the pasta and pour it into the pan with the tuna and tomatoes. Add the pesto, mix well and season with more basil.

Carloforte (U Pàize in Ligurian literally: the village, the town) is a fishing and a resort town of located on Isola di San Pietro (Saint Peter’s Island), approximately 7 km off the South Western Coast of Sardinia, Italy. Carloforte was founded in the 18th century by some 30 families of coral fishers, originally from Pegli, near Genoa, Liguria. They had left their home town in 1541, and had settled in the island of Tabarka, off the coast of Tunisia, to fish for coral. Once the coral was exhausted they asked the King of Sardinia Charles Emmanuel III for permission to settle on San Pietro Island, at that time not inhabited. In1739 they gave the island the name of Carloforte (Charles the Strong, but also the Fort of Carlo) in honour of the king. To this day Carloforte maintains strong cultural ties with the towns of Pegli and Genoa. The population still speaks a variant of Ligurian language called tabarchìn completely different than Italian and Sardinian.