

GUASTELLO'S VILLAGE MARKET

Pasta with Sausage and Peppers

Ingredients:

2 lbs. sweet Italian sausage
3 tbl. olive oil
1 cup finely chopped yellow onions
3 sweet red peppers, stemmed, ribs and seeds removed, cut into medium-size julienne
1 cup dry red wine
1 can (2 lbs., 3 oz.) Italian plum tomatoes, including their liquid
1 cup water
1 tbl. dried oregano
1 tsp. dried thyme
Salt and freshly ground black pepper
Dried red pepper flakes
1 tsp. fennel seeds
½ cup chopped Italian parsley
6 (or more) garlic cloves, peeled and finely chopped

Prick the sausage links all over with the tines of a fork and put them in a pot with ½ inch of water. Set the pot over medium heat and simmer the sausages, uncovered, in the water for about 20 minutes. Eventually the pot will boil dry and the sausages will begin to fry in their own fat. Turn them occasionally and cook for another 10 minutes, or until they are well browned. Remove sausages from the pot and drain them on paper toweling.

Pour sausage fat out of the pan but do not wash pot. Set it over low heat, add the olive oil and onions, and cook them, covered, until tender, about 10 minutes.

Add the peppers, raise the heat, and cook uncovered for another 5 minutes, stirring often.

Add the wine, tomatoes, water, oregano and thyme, and season to taste with salt, black pepper and red pepper flakes. Bring to a boil, reduce heat and simmer, partially covered, for 30 minutes.

Meanwhile, slice the sausages into ½ inch thick rounds. When the sauce has simmered for 30 minutes, add sausages and fennel seeds and simmer, uncovered for another 20 minutes.

Add parsley and chopped garlic and simmer for another 5 minutes.

Cook's Note: Makes enough for about 2 pounds of pasta. We like to serve this over short tubular pasta such as ziti, penne or rigatoni. Don't forget to pass the grated Parmesan cheese for sprinkling over the pasta! This pasta sauce freezes well, so if you have extra, save it for a night when you need to get a meal on the table in a hurry.

Credit: Silver Palate Cookbook