



Sugar Apple

Posts From The Caribbean

Fusilli with Sausage and Cream

I used a homemade tomato sauce with basil. If you don't have homemade, use a good canned tomato sauce and add some chopped basil if you want.

2 tablespoons olive oil
1 medium onion, chopped
2 large cloves of garlic, finely minced
1 pound of hot or mild Italian sausage, removed from the casing
salt and freshly ground pepper
1/3 cup white wine
1 can diced tomatoes
1 1/2 cups of tomato sauce
1 teaspoon dried oregano
1 teaspoon red pepper flakes (optional)
1/2 cup heavy cream
1 pound of fusilli or penne pasta

Put the olive oil in a large skillet over medium heat and add the onions. Cook until the onions are soft but don't let them brown. Add the sausage and turn the heat up to medium high. Cook the sausage, breaking it up with a wooden spoon, until it's no longer pink. Add the garlic and cook for another minute.

Turn the heat to high and add the white wine. Let it boil for 2 or 3 minutes. Add the diced tomatoes, tomato sauce, oregano, optional red pepper, and a sprinkling of salt and pepper. Bring to a simmer, then reduce the heat to low and cook for an hour.

Bring a large pot of water to a boil and cook your pasta until it's just barely al dente. Drain the pasta, reserving a little of the pasta water (I scoop some pasta water into a coffee mug before draining).

Turn the heat under the pasta sauce to medium high and add the cream to the skillet. Cook for a minute or two, stirring, until the cream is incorporated into the sauce. Add the pasta to the skillet and toss it all together. Let the pasta simmer in the sauce for a minute or two, until it's cooked through. If the sauce looks dry, moisten with a little of the

reserved pasta water. Serve hot with a sprinkling of fresh Parmesan cheese. *This is a fairly rich pasta and will serve 4-6 as a main course, 6-8 as a starter.*

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