



Rigatoni With Sausage And Fennel Seed Sauce

A dish for meat lovers who like strong tastes but don't like spending time in the kitchen. Rigatoni (or Totiglioni, paccheri or other big pasta shape) with quick cooking sausage, fennel seeds and half-ripe DOP ewe's milk cheese from Sardinia. I say that it's a fast dish to prepare because the sauce takes 30 minutes although the longer meat sauce is cooked the more balanced and intense the flavors are. Just brown the sausage, add the onion, the tomato concentrate, the tomato, a little wine and let it cook over high heat: it tastes divine and nobody will think that you just whipped it up.

Ingredients (4 Servings)

Shopping List

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| ☐ 360 g of Rigatoni | ☐ 400 g of Fresh Sausage |
| ☐ 1 Tablespoon Of Fennel Seeds Oil | ☐ Marjoram Or Thyme To Taste |
| ☐ 6 Tablespoons Of Extra Virgin Olive Oil | ☐ 2 Tablespoons Of Tomato Concentrate |
| ☐ 500 ml Of Tomato Purée | ☐ Salt to taste |
| ☐ 1 Fresh Chilli Pepper | ☐ Half A Glass Of White Wine |
| ☐ 1 Tropea Onion | ☐ 1 Tablespoon Of Sugar |
| ☐ 1 Bay Leaf | ☐ DOP Ewe's Milk Cheese From Sardinia To Taste |

Preparation

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Prepare The Sausage

Finely chop the onion. Take the sausage out of the skin and chop it coarsely with a knife. Pour the oil in a big frying pan

and let it warm, then add the sausage pieces and sauté it over high heat.

Prepare The Sauce

Add the chopped onion, chilli pepper, fennel seeds and tomato concentrate and let soften for one minute, then add the wine. Let it evaporate, then add the tomato purée, chopped bay leaf, marjoram or thyme, some sugar and salt to taste (but not too much because the sausage is savoury and when the sauce thickens it could taste salty). Let simmer over moderate to high heat for about 30 minutes. If you have more time, cover the pan and let simmer for a longer time. Remember to take the bay leaf and chilli pepper out at the end of cooking.

Cook the Pasta

Cook the pasta in plenty of salted water until al dente and drain it. Keep a little of the water the pasta was cooked in. Add the pasta to the pan containing the sauce, a little of the cooking water and grated ewe's milk cheese.

Serving

Serve the pasta sprinkled with ewe's milk cheese and a few fennel seeds.