

Cavatelli with Sardinian Meat Sauce

Recipe Cookbook: Food & Wine Quick from Scratch

Prep Time: 10 minutes

Cooking Time: 25 minutes

INGREDIENTS:

3 TBS olive oil
3/4 lb hot Italian sausage, casings removed
1 onion, chopped
3 garlic cloves, minced
3 C canned crushed tomatoes in thick purée (one 28 oz can)
3 TBS fresh mint (optional)
1/3 C fresh parsley, chopped
1/4 C water
1 1/4 tsp salt
2 pinches powdered saffron (optional)
1 lb frozen cavatelli OR rigatoni
1/4 C basil, chopped
3 TBS Romano cheese, grated, or Pecorino-Romano (+ more for serving)

DIRECTIONS:

In large deep frying pan or Dutch oven, heat 1 TBS of the oil over moderate heat. Add sausage & cook, breaking up meat with a fork till it's no longer pink (about 5 minutes)

Reduce heat to moderately low - add remaining 2 TBS oil to pan. Stir in onion & garlic. Cook, stirring occasionally till the onion is translucent (about 5 minutes). Add tomatoes, mint, parsley, water, salt + 1 pinch of saffron. Simmer till thickened (about 15 minutes).

Meanwhile, in large pot of boiling salted water, cook cavatelli with remaining pinch saffron till just done (10-15 minutes). Reserve 1/2 cup of the pasta water. Drain cavatelli - toss with meat sauce, basil, the reserved pasta water & the cheese. Serve with additional Pecorino Romano.

Serves: 4