



Pici with Tuscan Sausage Pasta



Ingredients:

- 1 lb Tuscan or Italian sausages
- 1 medium carrot
- 1 celery stalk
- 1 small white onion
- 2 cloves garlic
- 1 tsp fennel seeds
- 1 large sprig rosemary
- 1 tbsp olive oil
- ½ cup red wine
- 28 oz canned plum tomatoes
- ¾ cup water
- salt and pepper
- 1 lbs Pici pasta (Penne works just as well)

Method:

1. Very finely chop the carrot, onion, celery, and garlic, set aside. Remove the sausages from their casings and add to a large pan under a medium heat. Break the sausages up as they brown using the side of a wooden spoon. Once browned, remove the sausages to a plate and drain any excess fat that is in that pan.
2. Add 1 tbsp of olive oil to the pan and adjust the heat to medium/low. Add the carrot, celery and onion and stir occasionally with a wooden spoon for around 10 minutes until the vegetables is soft and the onions are translucent but not brown.
3. Add the sausage meat back to the pan and add the garlic for 1 minute then add the wine. Stir the mixture for 1 minute then add the canned tomatoes and water. Add a good pinch of pepper, the fennel seeds, and the sprig of rosemary.
4. Let the ragu simmer for 45-50 minutes, stirring occasionally. You may need to add another splash of water half way through if it starts to reduce too much.
5. Once the ragu is ready, turn it down to the lowest heat possible and bring a pot of salty water to a boil. Add the pasta and cook according to packet instructions, once cooked remove the pasta from the water into the ragu. Toss the pasta through the ragu then serve in large bowls. Serve with grated parmesan.