

## Orecchiette with Broccoli Rabe and Sausage

Serves 4

### Ingredients

1 bunch of broccoli rabe, washed with stems trimmed

olive oil, as needed

1 ½ pounds sausage, mix of hot and sweet according to preference and sliced into bite-size pieces

1 pound of orecchiette

¼ tsp hot pepper flakes

1 shallot, fine dice

½ cup white wine, preferably Italian

4 tbs butter, cubed

½ cup grated Pecorino Romano cheese

salt and pepper to taste

**Tip:** My recipe will tell you to cut the sausage into bite-size pieces. However, another method that delivers excellent results is to peel the casing from the sausage and crumble it into bite-size pieces.

### Technique

1) Bring two large pots of seasoned water to a boil -- one for the pasta and one for the broccoli rabe. Prepare an ice bath in a bowl on the side.

2) Add the broccoli rabe to the boiling seasoned water for 3 to 4 minutes or until nearly cooked and vibrant green. Now, remove the broccoli rabe from the pot (do not pour out the water) and place into the ice bath. Allow it to cool for one minute, then drain and set to the side. Reserve one cup of the cooking water for later in the recipe.

3) In a large sauté pan over medium flame, add enough light olive oil to barely cover the bottom of the pan. Allow the oil to heat and add the sausage. Cook the sausage and once it has browned on the first side, turn to the other side to continue cooking.

4) At this time you can also add the pasta to the water set aside to boil the pasta and set your timer for one minute short of the recommended cooking time.

5) Once the sausage has browned on both sides, add the red pepper flakes and the shallots. Lower the heat to medium low, and allow them to sweat for 1 to 2 minutes.

6) Raise the heat back to medium and add the wine. Make sure to scrape the bottom of the pan to loosen up any bits of the sausage that have stuck to the bottom. When the wine has reduced by half, add the cup of reserved cooking water and the broccoli rabe to the pot. Continue to cook and reduce the sauce for 1 to 2 minutes, then turn off the flame and add the butter, stirring lightly to combine.

7) The pasta should be done around this time. Strain it, toss it with extra virgin olive oil and return it to the empty pot. Sprinkle with half of the grated Pecorino Romano cheese and stir. Now pour the entire contents of the saucepan over the pasta and turn the flame to low. Stir lightly for one minute to bring the entire contents of the pot together. Taste for seasoning, and add salt and pepper as needed.

8) Plate and serve with a sprinkle of Pecorino Romano over each plate.