

Sausage and Fennel Ragu



Preparation:
30 minutes



Cook time:
2 hours



Servings:
4 - 6

Ingredients

- 6 sausages (spicy or herby are best)
- 1 medium onion
- 1 large fennel bulb
- 1 large carrot
- 1 tin of tomatoes
- 2 garlic cloves
- 2 bay leaves
- 2 tbsp olive oil
- 1 - 2 tbsp chopped parsley
- 100 ml red wine
- 200 ml vegetable stock
- 2 tbsp tomato puree
- Salt and pepper

To serve

Fresh pasta
Parmesan

Preparation

1. Peel and chop the onion, garlic and carrot finely. Chop up the fennel apart from the hard end bit.
2. Add the oil to a large saucepan and fry the onion, fennel, carrot, garlic, bay leaves and parsley over a low - medium heat for about 10 minutes, stirring continuously so they don't burn or go crispy.
3. Peel the sausages and take the sausage meat and form little balls about 4cm diameter with your hands. Add them to the saucepan and keep stirring on medium - high heat until the sausage is cooked. You may need to also chop up the sausage a bit with the spoon if it clumps together. Don't be afraid of brown char on the bottom of the pan.
4. Turn the heat up high and add the red wine whilst stirring and scraping the bottom of the saucepan - the char should have gone now.
5. Add the tomato puree and cook on a medium heat for a couple of minutes.
6. Add the stock and the tin of tomatoes. Wash out the tin with a bit of water and add the tomato water to the mix. Season with salt and pepper.
7. Turn down the ragu to a simmer, if the mix is too watery leave the lid off for some time. Simmer on a low heat for 2 hours, stirring every now and again so it doesn't burn.
8. This recipe is just the sauce but enjoy with fresh pasta and grated parmesan, maybe garlic bread too.



Freddie's recipe



Freddie's spoon

Garlic and Chilli Pasta (Spaghetti Aglio e Olio)

Freddie's recipe



Preparation:
10 minutes



Cook time:
10 minutes



Servings:
1

Ingredients

- 1 red chilli
- 1 tbsp olive oil (a good glug)
- 3 cloves garlic
- 65g pasta (longer ones like spaghetti or linguine are good)
- Pinch of salt

This is another simple recipe. It shouldn't be spicy because the garlic reacts with the chilli. It is important the garlic and chilli do not brown so watch it. I like this but you might not. I'd give it a try. I will always encourage whoever is reading this book to try new recipes.

Preparation

1. Cook the pasta in boiling salted water.
2. Meanwhile finely slice the garlic. Take out the seeds and the pith from the chilli and slice that finely too.
3. Fry the garlic and chilli in a good glug of olive oil on medium heat for 5 minutes without letting them brown, then turn down to a very low heat whilst the pasta cooks.
4. Drain, then add the cooked pasta to the garlic and chilli along with the salt. Mix to coat the pasta in the oil and serve on a plate. Enjoy!

