

Idiot's Kitchen Recipe – Farfalle with Italian Sausage & Peas

Recipe from www.idiotskitchen.com – adapted from Giuliano Hazan



Ingredients:

1 Tablespoon Butter
1 Tablespoon Olive Oil
1 medium onion, chopped (about 1 ½ cups)
1 pound Italian Sausage, removed from its casing and broken into small pieces
1 cup water
¾ to 1 pound Farfalle (bow tie) pasta
½ cup heavy cream
1 ½ cups frozen peas
1/3 cup Pecorino Romano or Parmesan Cheese, grated
Salt & Pepper

Melt 1 Tablespoon of butter and 1 Tablespoon of olive oil in a large skillet. Add the chopped onion and cook for 5 minutes over medium high heat until tender and golden but not browned. Remove the sausage from the casings and break it apart as you put it into the pan. Cook the sausage with the onions until it is browned and no pink color remains.

Add 1 cup of water and use a wooden spoon to scrape up any browned bits from the bottom of the pan. Bring the sauce to a boil, reduce the heat to low, cover and simmer for 20 minutes while you cook the pasta.

Bring a large pot of water to a boil. Season liberally with salt and drop in ¾ - 1 pound of Farfalle or bow tie shaped pasta.

When the pasta has begun to cook, add ½ cup of heavy cream to the sausage sauce. Add 1 ½ cups of frozen peas and bring the sauce back up to a gentle simmer to cook the peas.

When the pasta is al dente – tender with just the tiniest bit of bite in the center, drain it and add it directly to the pan of sauce. Add 1/3 cup of grated Pecorino Romano cheese and stir to combine. Season with salt & pepper and serve.

Makes 4 huge servings and is great left over.