



ORECCHIETTE PASTA WITH SAUSAGE & BROCCOLI RABE

SUBMITTED BY: Marianne Giancarlo, Clerk - Cysto Department

This recipe is one of our favorite Italian dishes. Every time we serve it everyone raves about it. Very easy amazing recipe!

DIRECTIONS:

1. Bring a large pot of salted water to a boil. Cut away thicker stems of the broccoli rabe, leaving tender stems buds & leaves. Boil broccoli rabe for 3 minutes. Reserve 1 c of water, drain & plunge into a bowl of ice water. When cold, drain and set aside.
2. Heat 1/4 c olive oil in a skillet add chopped garlic 1/4 tsp red pepper flakes and sausages. Stir often until the sausages are cooked through. Add broccoli rabe to the sausage mixture along with 1 c broccoli rabe water, 1/2 tsp salt 1/4 tsp pepper. Turn heat to high & cook, stirring until sauce is hot.
3. Cook orecchiette pasta until al dente.
4. Drain orecchiette return to pot. Add sausage broccoli rabe sauce. Toss over high heat. When combined and hot remove from heat, serve onto individual bowls, sprinkle with pecorino romano cheese.
5. Enjoy

INGREDIENTS:

1 lb. broccoli rabe (1 bunch)
1/4 c extra virgin olive oil
5 garlic cloves finely chopped
1/4 teaspoon crushed red pepper
1 lb. Italian sausage (3 or 4) a mix of mild & hot, casings removed cut into bite size pieces
1 c broccoli rabe water reserved from when you pre-cook the broccoli rabe
Salt & pepper to taste
1lb orecchiette pasta
Pecorino romano cheese grated