

Mangia Bene E Vivi Bene!

By FRANK ZEOLI



CAVATELLI WITH SAUSAGE & ESCAROLET

This pasta dish is a simple one, but uses some of the best ingredients and combines great flavors together. My favorite pasta has always been cavatelli and this is one of my favorite ways to make it: Cavatelli with Sausage and Escarole. My grandmother was a big fan of escarole, greens in general, and would put them in as many dishes as she could.

I hope you like it as much as I did.

Prep Time: 5 minutes
Cook Time: 20 minutes



Ingredients

- 1 lb of cavatelli
- 12-15 oz of fresh escarole (chopped and washed)
- 1 lb of sweet or hot Italian sausage
- 1/4 cup of extra virgin olive oil
- 5 large cloves of garlic (chopped)
- Pinch of salt & pepper

Instructions

1. Bring a medium saucepan full of salted water to a rolling boil. Add the pasta and escarole. Continue to boil until the pasta and escarole float to the top, about 5-7 minutes.
2. Remove the sausage from the casing and leave in large clumps.
3. In a sauté pan, heat olive oil over medium-high heat. Add the sausage and fry for about 3 minutes or until partially cooked. Then add the chopped garlic, salt and pepper and cook for 3 minutes until the sausage and garlic are brown. Do not burn the garlic.
4. Drain the pasta and escarole. Add the escarole and pasta to the sauté pan and give it a good mix with the sausage, garlic, and oil. Let it simmer on low heat for about 3 minutes to combine all of the flavors.
5. Taste the dish to see if you need to adjust the salt and pepper. If it does not have enough of a garlic taste you can also add some granulated garlic. Be sure to mix it well so all the flavors come together.

