
RECIPE OF THE WEEK

Fregola with Tomatoes & Napoli Sausages

When Sara and I went to Sardinia we discovered fregola which are thick toasted balls of pasta a bit like Israeli couscous. Fregola makes a very good accompaniment to soupy seafood dishes or salads and it is a great storecupboard item since you only



need 100g per person and a bit of fresh vegetables and stock or meat to make wholesome and interesting meal.

We like making dishes with Napoli sausages which are a bit like fresh chorizo without the acidity so they go well with tomatoes where the paprika and wine really gets into the sauce.

*6 to 8 Napoli or fresh Chorizo sausages
400g fregola
2 tins cherry tomatoes or 1kg fresh
a couple of bay leaves
sea salt & black pepper*

Cook the pasta in lightly salted water until a bit on the firm side of al dente then drain in a colander.

Meanwhile slice the tomatoes and rub with olive oil then season before popping on a griddle pan with the sausages to brown.

Transfer to a pan or casserole and chuck in a bay leaf or two and bring up to the boil then reduce the temperature to a gentle simmer before stirring in the drained fregola.

Simmer for 10 minutes or so until some of the tomatoes have broken down to make a sauce infused by the Napoli sausages. Fish out the bay leaves before serving.

This recipe is good served with a spoon of ricotta. Serves 4.

Wine suggestion; white - Vermentino or red - Cannonau or Chianti

To download this recipe go to www.squisito-deli.co.uk
