
RECIPE OF THE WEEK

Sicilian Braised Sausages in Tomatoes & Orange Juice

Sicily is the orange basket of Italy. There are around 67,000 hectares of orange groves, 70 per cent of which grow blood oranges,



during their January to May growing season. In the unique microclimate around Mount Etna in Catania, where the soil is a mixture of mineral-rich decomposed lava and limestone, the warm days and cool nights provide perfect conditions for growing Moro, Sanguinello and Tarocco blood oranges in a myriad of football pitch sized lemon groves. Sicily is also blessed with good butchers who usually make sausages with sage, cloves, thyme, fennel, garlic and cumin plus an ample supply of fresh plum and ox

heart tomatoes which most families make into passata and store or cook fresh. Fresh and less-is-more are the watchwords of this Sicilian recipe.

500g Alex's Sicilian, Tuscan or Napoli sausages

500g fresh plum or ox heart tomatoes, peeled, seeded and chopped or 1 can good quality cherry or Marzano tomatoes

Juice of 1 medium/large blood orange

glass of dry white wine

Juice of 1/2 a lemon

A few fresh basil leaves

Trapani sea salt and fresh ground black pepper

Extra virgin olive oil

Pop the sausages into a small sauté pan with a splash of olive oil and bring up the heat gently to brown. Add a squeeze of lemon juice to deglaze the pan then add the tomatoes, torn basil and season with salt and pepper.

Bring up the heat to boil then reduce the temperature a little and cook for 5 minutes or so then add a glass of white wine and simmer until the sauces reduces and the wine evaporates.

Squeeze the orange juice into the pan and simmer or another 5 minutes to soften and blend the flavour.

Serve as a *primi* or with a little pasta, rustic bread or polenta.

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