



## KALE AND SAUSAGE PASTA

*Recipe serves 4.*

### INGREDIENTS

1 lb short pasta of choice such as rigatoni, orecchiette, penne, etc.

1 lb pork sausage of choice such as Italian (about 2-3 sausages)

1 bunch kale, leaves ripped off woody stems (discard stems)

½ large white onion, chopped

2 cloves of garlic, minced

2 tbsp tomato paste

Kosher salt to taste

Neutral oil for cooking

*To serve:*

Italian red peperoncini in oil or dried chili pepper flakes

### METHOD

Fill a pasta pot with 3 quarts of water and bring to a boil. Heat a separate Dutch oven or pot over medium-high heat.

Once pasta water is boiling, add 2 tablespoons of kosher salt (or amount needed for water to “taste as salty as the sea”) and the pasta to cook according to package directions for al dente, less 1-2 minutes.

Drizzle a tablespoon of oil into the preheated Dutch oven. Add onions to sauté for 30 seconds. Add garlic and sauté 30 seconds more. Pull sausage meat out of casings directly into the pot. Break it up with a wooden spoon and let it cook undisturbed until the bottom is starting to brown. Mix well and let it the



bottom brown as well. Add tomato paste, stirring just a bit to ensure maximum contact with the pot bottom. Make sure to let the tomato paste cook until it darkens to a deeper colour to pull out all its flavours. Mix everything well.

Hand-tear kale into pieces directly into the pot. Season with a generous sprinkle of kosher salt. Mix well and cook down a bit.

By now the pasta should be ready. Make sure to reserve 1 cup of pasta water before draining pasta. I just use a handheld colander to scoop the pasta over right into the kale and sausage. Mix well and add pasta water as needed to adjust to desired consistency. I tend to add about 2/3 cup of pasta water. Cook 30 seconds more to absorb or when pasta is to your desired doneness. Serve with Italian red peperoncini in oil (highly recommend if you can find this) or other spicy condiment of choice or dry chili pepper flakes. Enjoy!