

Quick Sausage Bolognese

Serves 4

Try this instead of a traditional Bolognese sauce with your pasta. You can also use this as a filling for your lasagne or cannelloni. Just layer with white sauce (recipe provided below), and top with a layer of white sauce sprinkled generously with Parmesan or your favourite cheese. Bake 45 minutes in a 180°C oven until bubbly and golden.

Ingredients

6 Sailor's Chicken or Beef Sausages, skins removed
1 tsp fennel seeds
250g button mushrooms, sliced
150ml red wine (optional)
660g jar tomato pasta sauce
300g penne
Grated or shaved Parmesan cheese to serve

Method

1. Heat a large, wide frying pan, crumble in the sausage meat and fennel seeds (no need to add oil). Fry for a few minutes until golden and the fat is released, stirring well to break up the meat. Add the mushrooms and fry a few minutes until they begin to soften. Add wine, if using, allow to bubble for 1 minute to cook off the alcohol, then add tomato sauce and heat through until bubbling.
2. Meanwhile, cook the penne according to package instructions. When cooked, drain the pasta, and add to the sauce. Mix well until completely coated, and then divide into four plates, finishing with Parmesan.

(See next page for White Sauce recipe)

White Sauce

Ingredients

2 Tbsp plain flour

2 Tbsp butter

1 cup milk

Salt and pepper to taste

Pinch of freshly grated nutmeg, optional

Method

1. Heat milk until just before boiling. Take off heat.
2. Melt butter in a small saucepan over medium heat. Increase heat, add flour, and whisk until butter and flour are incorporated.
3. Reduce heat to medium. Slowly add the hot milk a little at a time, whisking continuously to ensure that it is fully incorporated into the mixture before adding more. Gradually add all the milk and continue whisking until mixture is smooth. Season to taste. Add more milk to desired consistency.
4. Cook for a further 5 minutes until sauce starts to bubble. Take off heat and use immediately.