

SPICY EGGPLANT SAUCE

1 lb. Pappardelle's Chipotle Pasta
¼ cup olive oil
1 lb. eggplant, cut into small dice
4 cloves garlic, minced
½ teaspoon red pepper flakes (more to taste)
2 tomatoes, diced
2 teaspoons fresh oregano (1 teaspoon dried)
Sea Salt
Freshly ground black pepper

1. Cook pasta in a pot of rapidly boiling salted water until al dente (about 8-10 minutes). Drain and rinse with warm water.

2. While pasta is cooking, in a large non-stick skillet heat oil. Once oil is very warm add eggplant, garlic and red pepper flakes. Stir frequently to prevent eggplant from sticking and cook for about 8 minutes. Stir in tomatoes and oregano and cook another 10 minutes until eggplant is thoroughly cooked. If sauce is too thick, add water. Season with salt and pepper.

3. Serve sauce over individual plates of pasta.

Serves 4-6

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RECIPE SHEET 43A

SAUSAGE AND RICOTTA SAUCE

1 lb. Pappardelle's Garlic Chive Pasta
1 tablespoon olive oil
1 lb. Italian sausage, crumbled
1 lb. fresh tomatoes, diced or 1, 16oz can of whole plum tomatoes
1 onion, chopped
2 cloves garlic, minced
1 tablespoon freshly squeezed lemon juice
1 tablespoon each: fresh mint, fresh parsley and fresh oregano (dried: just use 1 teaspoon)
½ cup water
Sea Salt
Freshly ground black pepper
½ lb. ricotta cheese
Freshly grated Parmesan cheese to taste

1. In a large skillet, heat olive oil. Add sausages, tomatoes, onion, garlic, lemon juice, fresh herbs and ½ cup water. Season with salt and pepper. Cook until the sauce is thick, about 20 minutes. Stir in ricotta and remove from the heat.

2. Cook pasta in a pot of rapidly boiling salted water until al dente (about 8-10 minutes). Rinse and drain. Remember when cooking the pappardelle-cut noodle to stir more frequently to prevent sticking.

3. Serve sauce over individual plates of pasta.

Serves 4-6

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