

AN ODE TO EFFORTLESS EATING, TO HEART AND SOUL FOOD, AND TO LOVE

TARTE LONDON'S SAUSAGE RAGU

INGREDIENTS

400G HIGHER WELFARE SAUSAGES - 1 RED ONION, FINELY DICED - 4 GARLIC CLOVES - 4 SPRIGS ROSEMARY AND SAGE, CHOPPED - 2 BAY - 1 FENNEL BULB FINELY CHOPPED - 1 TSP DRY CHILLI - 1 TSP FENNEL SEEDS - 1 GLASS OF WHITE WINE - 1 GLASS STOCK (VEG OR CHICKEN), OR A GLASS OF WATER - 1 TIN TOMATO - 1 TSP SUGAR - SMALL BUNCH BASIL, CHOPPED - A HANDFUL OF GRATED PARMESAN

INSTRUCTIONS

1. GLUG OF OLIVE OIL INTO A POT OVER A MEDIUM HEAT, CUT A SLIT INTO EACH SAUSAGE AND SQUEEZE THE MEAT INTO THE PAN. COOK FOR 10 MINS BREAKING THE MEAT DOWN AND CRISPING.

2. ADD THE ONION, FENNEL AND GARLIC. COOK FOR A FURTHER 5 MINS STIRRING. THEN ADD THE HERBS, DRY CHILLI, FENNEL SEEDS AND SEASON GENEROUSLY.

3. AFTER A FURTHER 5 MINS, MAKING SURE NOT TO BURN. ADD THE WINE, TOMTATO, SUGAR, STOCK (OR WATER). LOWER THE TEMPERATURE AND PUT A LID ON. COOK FOR AROUND 2 HOURS.

4. ADD THE BASIL AND PARMESAN AND SERVE MIXED INTO YOUR PASTA OF CHOICE.