



3 Pasta Dishes

Fennel and Sausage Ragu

- 4 tablespoons regular olive or enough to lightly coat the bottom of your pan
- 1 medium onion, peeled and diced ½ inch
- 1 large carrot, peeled and diced ½ inch
- 1 large celery stalk, peeled and diced ½ inch
- 1 medium fennel bulb, fronds and core removed, diced ½ inch
- 4 garlic cloves, peeled and coarsely chopped
- 1 pound of Italian sausage, removed from the casing, can be sweet or hot
- 2 28 ounce cans of Italian plum tomatoes, crushed by hand, including juice
- 1 large sprig of fresh thyme
- 1 bay leaf

Optional: pepperoncini, crushed red pepper

Salt and fresh pepper to taste

Freshly grated Parmesan or Pecorino Romano Cheese for serving

Place a 6-8-quart saucepan over medium heat and add the olive oil. Add the onion, carrot, celery fennel and garlic and slowly cook until tender and translucent, about 10 minutes. Next add the sausage meat and break up with a wooden spoon as cooking. When fully cooked sausage pieces should be no larger than ½ inch. When the sausage is fully cooked add the hand crushed plum tomatoes and their juice. Bring to a simmer and add the thyme and bay leaf. Also add the pepperoncini, to taste, if using. Allow to simmer about 20-30 minutes until all flavors marry together. Season with salt and fresh pepper to taste and serve over your favorite macaroni with some freshly grated Parmesan or Pecorino Romano Cheese.

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Pasta con la Norma

This dish is said to have been invented by a chef for the first performance of Bellini's Opera 'NORMA'.

- 2 lbs. fresh plum tomatoes, peeled and seeded or one 35 ounce can of plum tomatoes broken up by hand juice included
- 8 oz. extra virgin olive oil
- 1 lb. red onions
- 4 cloves garlic, chopped
- 1-1/2 lbs. Italian eggplant
- juice of 1/2 lemon
- 1/2 cup toasted pine nuts
- 6 oz. fresh grated cheese
- fresh basil and fresh oregano
- salt and pepper to taste
- 1 lb. Penne Rigate

Slice the eggplant and 1/2 the red onions into 1/2" rounds. Salt, pepper, and coat with oil and grill until tender. Cut the tomatoes into strips. Chop the remaining onion and combine with the garlic and sauté in the olive oil until tender. Add the tomatoes and cook 1 minute. Cook the pasta and drain. Toss the cooked pasta with the tomato, onion, garlic, and oil mixture. Add the grilled eggplant, grilled onion, toasted pine nuts, and sprinkle with cheese. Add some chopped basil, oregano, juice of 1/2 lemon and season with salt, fresh pepper and toss again.

Serve with some additional cheese.

Adlib Quick Pasta with Pancetta, Mushrooms, Diced Tomatoes, and Peppadew Peppers

- 4 tablespoons regular olive or enough to lightly coat the bottom of your pan
 - ¼ pound diced Pancetta
 - 1 medium onion, peeled and diced ½ inch
 - 4 garlic cloves, peeled and coarsely chopped
 - 1 pound mushrooms, white or brown, sliced ¼ inch
 - 1 28 ounce can diced tomatoes
 - 3 tablespoons tomato paste, more if your sauce needs to be thickened up a bit
 - 1 jar, about 15-ounce size, peppadew peppers regular or hot, drained, and coarsely chopped
 - 1 pound of your favorite pasta cooked al dente
- Salt and fresh pepper to taste
Freshly grated Parmesan or Pecorino Romano Cheese for serving

Place a large sauté pan over medium heat then add the olive oil, pancetta and cook while stirring until the pancetta is starting to crisp up around the edges. Next add the onion, and garlic, slowly cook until tender and translucent, about 5 minutes. Add the mushrooms and cook until they are soft and wilted. Add the diced tomatoes, juice and all, and then stir in the tomato paste and simmer for about 5 minutes. Add the coarsely chopped peppadew peppers and simmer for another 5 minutes.

Season with salt and fresh pepper to taste.

Pour the sauce over your favorite pasta and serve with grated cheese.

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710 South Avenue West • Westfield, NJ 07090 • phone: 908 232-5445 • fax: 908 789-4813 • e-mail: david@classicthyme.com
website: www.classicthyme.com