



Pudding Pie

Cookery School

Cookery parties and courses to suit all ages

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Tuscan Bean Stew with Sausage

Serves 6

Ingredients

1 quantity of Soffritto

For the Sauce

3 tbsp olive oil
1 red onion, chopped
3 garlic cloves, peeled and lightly crushed
½ tsp chilli flakes
2 tins (400g) Italian tinned plum tomatoes
Olive oil for frying
12 sausages
100g pancetta, finely chopped
100ml red wine
2 tins (400g) tinned cannellini beans, drained
250ml chicken stock (hot)
2 tsp dried oregano
1 tsp dried marjoram

Method

- Add a little olive oil to a pan and cook the red onion for about 5-7 minutes or until softened.
- Add the sausage s and the pancetta and cook for a further 8-10 minutes. This will create a lot of fat which you can drain off once the sausage is cooked. Add the garlic and chilli and cook for a further minute, do not burn the garlic as this makes the dish bitter.
- Add the red wine and a few minutes later add the tomatoes, reduce the heat and simmer, stirring regularly, for about 30 minutes until the sauce is thick.

While this is happening you can make your Soffritto.

- Add the cannellini bean mixture, the dried herbs and the hot chicken stock and leave to simmer for 15 – 20 minutes.
- Season to taste and serve. Delicious with some focaccia to dip in.