

Pasta with Mussels, Fennel and Spicy Italian sausage

By Jeromi Quincy of Phoenix Rising Catering

Ingredients :

2 pounds spicy Italian sausage (removed from casing and crumbled)
3 cups sliced white onion
3 cups sliced fennel bulb
6 cloves sliced garlic
1 tsp red pepper flake
3 cups white wine
4 pound mussels (scrubbed and debearded)
Crusty bread
Chopped parsley
Cooked pasta (spaghetti, Linguine, Bucatini)
Butter, as needed

Directions:

1. Cook crumbled sausage in a large skillet, once cooked remove sausage but reserve the fat.
2. Add onion, garlic, fennel and red pepper flake. Saute lightly.
3. Add mussels and saute 1-2 minutes
4. Add wine, let boil and reduce to simmer until mussels open
5. Remove mussels as they open
6. To make sauce simmer liquid and add butter slowly while swirling the pan until the sauce emulsifies.
7. Toss in mussels, sausage and pasta to reheat
8. Top with chopped parsley and drizzle with extra virgin olive oil. Serve with crusty bread.