

SAUSAGES & POLENTA

Servings: 6

3 pounds fresh uncooked pork sausages, cut into bite-sized pieces
4 cups onions, coarsely chopped
8 cloves garlic, minced
2 large red and/or yellow peppers, cut into strips 1/4" x 1.5"
2 large cans (28oz) diced tomatoes, in juice, not sauce
1/3 cup extra virgin olive oil
1 teaspoon dried oregano
1 teaspoon dried rosemary (or 2-3 sprigs fresh rosemary), chopped fine
2 cups red wine

*Serve with POLENTA
VALDOSTA STYLE.*

Saute sausage pieces in large dry saute pan. Start with cool or warm pan, over low heat, and gradually turn up heat, as sausages begin to render fat and juices, eventually, to medium high to brown the sausages. Remove and discard rendered fat as it collects in the pan. When sausages are fully cooked and browned, 15 to 20 minutes, remove the sausages, pour off any remaining fat, and deglaze pan with the red wine.

Return the sausages to the wine in the pan, add the oregano and rosemary, cook over medium heat to reduce the wine, stirring from time to time, until there 1 to 1 1/2 cups of liquid remain. Do not allow the wine to evaporate completely, because the sausages will become tough.

While sausages are cooking, saute the onions, in the olive oil, over medium heat until golden. Choose a heavy pan large enough to easily hold the finished sauce after the sausages are added. Add the pepper strips to the onions and saute 3 to 4 minutes more, then add the garlic and cook for another minute. Add the diced tomatoes with their juice, reduce heat to low, and simmer until the oil separates, approximately 20 minutes.

Add the sausages with their juice to the onion tomato sauce. Simmer for 5 minutes, adjust salt and pepper to taste.

VALDOSTA STYLE

Use sausages without spices or seasoning, if available. My favorite is Luganega, available at some Italian markets, although any fresh sausage would work fine)

Per Serving (excluding unknown items): 210 Calories; 12g Fat (66.8% calories from fat); 2g Protein; 12g Carbohydrate; 0mg Cholesterol; 55mg Sodium. Exchanges: 0 Grain(Starch); 2 Vegetable; 2 1/2 Fat.