Spicy Creamy Sausage Sauce

Adapted from a recipe from Cafe Beaujolais, Mendocino (from Margaret Fox, the original owner/chef)



2 tablespoons olive oil
3/4 pound Italian sausage, cut into chunks
1/2 yellow onion, slivered
1/2 cup bell peppers, slivered
1/4 teaspoon red chili flakes
2 cloves garlic, minced
1/2 cup dry white wine
1/2 cup heavy cream
1/2 cup green onion, chopped
1/2 cup Parmigiano-Reggiano cheese, grated
1/2 cup Italian parsley, chopped
8 ounces linguine
1 teaspoon salt, for the pasta water
Save some of the cooking water

Per Serving (excluding unknown items): 942 Calories; 61g Fat (59.7% calories from fat); 28g Protein; 64g Carbohydrate; 3g Dietary Fiber; 141mg Cholesterol; 1574mg Sodium. Exchanges: 4 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 10 1/2 Fat.

Carolyn T's Blog: tastingspoons.com

Servings: 3

1. Set aside some of the chopped green onions and parsley for garnishing.
2. Heat a large skillet and add olive oil. Add the Italian sausage and brown well on all sides (helps develop flavors). Add onion and saute for 3-4 minutes, then add peppers and continue cooking for 2-4 minutes until onion is cooked through. Add garlic and red chili flakes and stir for about a minute. Don't let the garlic brown.
3. Add the white wine and cook for 2-4 minutes to let the flavors marry.
4. Meanwhile, heat a large stock pot with water and add salt. Cook linguine until barely tender (al dente).
5. To the sausage pan add heavy cream, the green onions, parsley and grated cheese. Stir as you heat the sauce through.
6. Drain pasta and add to the meat mixture, stirring to combine. Add some of the pasta cooking water as needed to make the mixture fluid. Immediately serve and garnish with the reserved parsley and green onions.