



Fregola is a Sardinian speciality pasta, shaped like little balls. It is handmade from coarse semolina and then toasted to give a delightfully nutty taste. It is similar to couscous in that both are fine beads of semolina pasta. However couscous lacks the nutty flavour of fregola (from the light toasting). And it is this toasting which helps Fregola to remain perfectly 'al dente' when cooked. It is delicious when added to soups and casseroles but it can also be cooked separately – the same way as you would cook couscous – and added to a salad or eaten with seafood.

FREGOLA WITH ITALIAN SAUSAGES

FREGOLA TOSTATA CON SALSICCE ITALIANE



1 onion
 3–4 tbsp extra virgin olive oil
 1 garlic clove, peeled and crushed using the side of a knife, but left whole
 100g fresh Italian-style sausages (or good quality butcher's sausages)
 1 red chilli pepper, chopped
 500–600ml hot vegetable stock (approximately)
 200g **Fregola Tostata**
 1 small bunch flat leaf parsley, finely chopped
 100g **Pecorino Sardo**, grated
 Salt and pepper

Finely chop the onion, remove the sausage skins and crumble the meat into pieces. Heat the oil in a wide, non-stick frying pan and gently fry the onion and the whole crushed garlic clove over a low heat for a few minutes.

Add the sausage meat along with the chopped chilli pepper and cook for a few minutes more. Season with salt and pepper and remove the garlic clove. Pour in the Fregola and mix it well into the other ingredients in the pan. Cover the mixture with the vegetable stock, bring to the boil then lower the heat, cover with a lid and leave to cook for about 15 minutes stirring occasionally. Check for seasoning.

Once cooked, stir in the chopped parsley and sprinkle over the grated Pecorino. Serve immediately.

